



# INGOMA

News with a beat

A welcome  
from THE EDITOR

Dear Rainbow Community, welcome to the second edition of the Ingoma.

We are excited to have you reading our newsletter again. First off, welcome back from your half term. I hope it was great and congratulations to the people who represented our school at ISSAK Athletics at ISU. This edition is packed with lots of information from our school community. Enjoy!

Editor in chief Alvin y8

To respond to any articles we publish or to share stories of your own please get in touch with the editor through:

[editor.ingoma@risu.sc.ug](mailto:editor.ingoma@risu.sc.ug)



## In this edition

- Awards Ceremony
- Sports matches Football
- Charities
- Career Fair
- Uganda Week
- Primary Pages
- New Teachers
- Epilepsy

Correction: in our previous edition we mistakenly published the end of Term 1 as 8th December; the correct date is 15th December 2023.





# Uganda Week

By Omar Y12 and Patrick Y8



The last week of the previous half term, we had lots of activities running throughout the whole of Thursday. Some included: Dancing, Drumming, some presentations and dances, and people modelling their traditional costumes.

At 2:00PM we gathered around as a whole school at the Field, sat in a circle and played together with either drums, jerry can or our own hands. And we got to have a small competition between houses to see who'd win in kwepena (Kyoga won).



**School drumming circle**

And outside of assemblies and drum circles, there were a bunch of sales going around school and rolexes that were sold at lunch time, which ended up being a huge success. So many sales were made and the charities all raised a ton of money for charities. Furthermore we had a special Uganda lunch made for us.



**Interhouse kwepena**



**House Traditional Dancing**

## The Pearl Of Africa

In a heart where nature's wild and free,  
A land of wonders and serenity, From savannah plains to mountains tall.  
Let's embark on a journey, on and all.

The Pearl of Africa it's often called, For its treasures, we're all enthralled,  
From Murchison Falls, where water roars, To Bwindi's forests where gorillas explore.

In Jinja, mother and home to the source of the Nile, so mighty and grand,  
White water rafting, a thrilling adventure, a breathtaking ride.  
Bungee jumping and zip lines high. In Uganda's essence, we touch the sky.

Kidepo Valley, where the Karamojong thrive. With shades of culture and landscapes vast,  
In Uganda's embrace their stories alive

Taking a drop to the west lays, Queen Elizabeth's National park,  
where lions roam, The circle of life, nature's grand home, The tree climbing lions a rare sight to see.  
In Uganda's beauty, where wild hearts roam free.

Fort Portal the land of honey and milk. Home to the Rwenzori mountains,  
their peaks in the sky. A trekker's dream, glaciers and lakes an immaculate view,  
In Uganda's highlands the air is so new.

From culture to nature, in this land so fair, Uganda's tourism, a treasure to declare.  
So let's explore Uganda, diverse and true. Where dreams come true and every adventure feels brand new

By: Elaine - Marie

# Uganda Week in Primary

From the 2nd - 5th October, Rainbow celebrated Uganda Week. An annual event on our school calendar, Uganda Week is a wonderful opportunity for all the children in Primary to celebrate this fabulous country we all call home. Over the course of the week the children were able to make links to Uganda in many curriculum subjects through a range of engaging activities. These activities also helped develop the children's knowledge of Uganda and increased their international mindedness. Developing international mindedness is one of the aims of the IPC curriculum as it helps the children to understand their own / host country's culture better and helps them prepare for a future as global citizens. We hope you enjoyed Uganda Week. Here are some photos from just a few of the wonderful activities and experiences that took place throughout the week.



The children enjoyed dressing up in beautiful, colourful Ugandan clothes



Year 2 cooked up some yummy Ugandan food as part of their IPC topic, 'We are what we eat'.



Year 3 enjoyed a wonderful trip to the Kasubi Tombs and Uganda Museum where they were able to find out what life was like in Uganda in the past.



Year 4 worked together with the Nursery and Kindergarten children to make dolls from banana fibre.



Year 5 made crested crane vector drawings in their Computing lessons. This drawing was made by Michelle.



Year 6 enjoyed finding out about one of the languages in Uganda, Luganda. They learnt about the alphabet and discovered this letter only exists in Luganda!



Reception used beads in the colours of the Ugandan flag to make their own bracelets.



Year 1 enjoyed listening to traditional Ugandan stories.

Many year groups worked on different Ugandan themed activities in their Computing lessons.



Year 6 learnt how to weave mats from nsansa (dried palm leaves).



## Whole School Assembly and Drumming Session



On Thursday 5th October we enjoyed a day packed full of fun whole school activities. We started the day with an assembly which featured amazing dances from each house showcasing different regions of Uganda, as well as poetry, music, a fashion show, a dance from our amazing Evershine and club staff, and lots more amazing moments. In the afternoon we all came together again for a fun drumming session and to watch some house Kwe Pena (Ugandan dodgeball) games. It really was a day to remember!



Leo from Reception P brought his drum to school and enjoyed taking part in the drumming session.



The house dances were absolutely amazing. Big thanks to all the House Leaders and House Captains who helped to organise them!

It was fun finding out how to play Kwe Pena.



Our Evershine and club staff entertained us all with a wonderful dance.



United in drumming - so much fun!

Nadra from Year 6 wrote a fabulous poem about Uganda and got to read it out in the assembly.

*By Ms Sarah  
IPC Coordinator*



# 2023 Awards Evening

The Awards evening was an event to remember, a real opening number for the year to come. The stunning sapphire themed show kicked off with Mr Jones hilarious side splitting jokes as per usual.

“It’s not about *being* the best but *doing* your best.” Students were constantly beaming from ear to ear as their elegant gowns and tuxedos brushed the stage with hard work and diligence of the teacher that made it possible. With the pride of the students and tears of joy of parents. Guest speaker, Rachel Sebudde showed us that ‘lots of commitment, effort and courage got us here and this spirit should go along with us into life as we continue to grow’. Plenty of awards still up for grabs didn’t stop the head girl and head boy from appreciating students’ determination, giving credit to our most valuable supporters and the constant push that teachers continue to give. Everyone won an award because they were recognised for their talent and having excelled or progressed in our respected disciplines. That’s what made this Awards evening so special, because we all had a role to play, both behind the scenes and in the classrooms writing our souls out.



**The Malcolm’s Wanzige Award received by Yi Goa**



**Pitiki Aliekai’s parents receiving the student of the year award.**

This Awards evening was particularly fervently honorable and displayed neighborly affection towards our community. Showing us it is more than just a school but a family with arms wide open ready to comfort all and welcome others. The Malcolm Wanzige Award was handed over to Xin Tong Yi Gao from his mother herself to treasure a dear soul that we have lost but forever beats in our hearts. People were up on their feet without question with a few tears welling up in their eyes as his mother handed over the award with a long warm embrace.



Finally, was the moment we had ALL been waiting for. The *student of the year award*. Teachers lined up on the sides of the red carpet and enthusiastically and heartily showered rainbow coloured confetti over Patiki Aliakai’s ecstatic parents! They danced delightfully up to the stage with loving smiles as they accepted the Award. Truly, there was no one else who deserved it any more than Patiki Aliakai. Musical interludes performed by our adroit young leaders of tomorrow swooned our hearts. Reminding us of our parents unwavering support throughout our lives no matter how big or small our accomplishments are and will continue to be.

Abigail Lule, Y12, and Iram Andaleeb, Y11



By Dhyani, Y7

## About:

The CARE Charity contributes in various things like preventing gender-based violence in different regions, giving shelter to the homeless, giving health supplies to the sick and much more!

This year, Year 9 has taken the role of supporting Care so all students get to participate. We will collect money from various activities that students will participate in. So what is exactly Care?



### Food and Nutrition Security

- Sustainable Food Production
- Inclusive Food Markets
- Food Policy and Advocacy



### Women Economic Empowerment

- Agribusiness Value Chains
- Private Sector Engagement
- Financial Inclusion, Policy and Regulation



### Youth Employment

- Youth Leadership
- Youth Entrepreneurship
- Youth Skills Development

## History

CARE International has been working in Uganda since 1969 to address the urgent needs of conflict and disaster-affected populations and to provide support to community development.



# Understanding Epilepsy

By James O'Hagan



## Prevalence of Epilepsy in Uganda

Like anywhere in the world, Epilepsy is relatively common in Uganda. Almost 2 in every 100 individuals have this condition.



The Rainbow Learning Support team recently had training in Epilepsy delivered by Dr. Eriya Ssenyonga and his clinical team from Bakamai Hospital, as some students in school have Epilepsy, and staff and the school community must be aware of the points outlined in this article.

## Definition of Epilepsy

Epilepsy is a chronic neurological disorder characterized by recurrent seizures. These seizures, also known as fits or convulsions, result from sudden and uncontrolled bursts of neuronal activity within the central nervous system. This condition is often described as a "grey matter disease" because it affects the brain's grey matter, leading to abnormal electrical activity and seizures.

## Understanding Epilepsy: Myths, Risk Factors, and Proper Management

As mentioned above, Epilepsy is a neurological disorder affecting millions of people worldwide, including some within our school community.

It is essential to have accurate information about Epilepsy to dispel myths, understand its risk factors, and know how to manage it effectively. In this text, we'll delve into the definition of Epilepsy, its risk factors, clinical characteristics, and proper management techniques. We'll also address some common myths surrounding Epilepsy, particularly those prevalent in Uganda.

## Risk Factors

Several factors can increase the risk of developing Epilepsy. These include **Family History of Epilepsy**: Individuals with close relatives who have Epilepsy may be at a higher risk of developing the condition. **Metabolic Disorders**: Certain metabolic disorders can predispose individuals to Epilepsy. **Severe Head Injuries**: A history of severe head injuries can increase the likelihood of developing Epilepsy later in life. **Severe Malaria (Cerebral Malaria)**: In some cases, cerebral malaria can lead to Epilepsy due to its impact on the brain.

## Clinical Characteristics

Recognizing the clinical characteristics of Epilepsy can help in providing appropriate assistance during a seizure episode. Common signs and symptoms of a seizure include **Seizures Preceded by Audible Sound**: Some individuals may experience a distinctive sound before a seizure occurs. **Loss of Consciousness**: During a seizure, the person may lose consciousness. **Loss of Bowel or Bladder Control**: Involuntary loss of bowel or bladder control can occur. **Falling**: Seizures may cause the person to fall to the ground. **Muscle Rigidity**: Muscles may become rigid during a seizure.

## Proper Management

Proper management during a seizure is crucial to ensure the safety and well-being of the individual:

- **Stay Calm and Remain with the Person**: Offer reassurance and stay with the individual until they fully recover.
- **Remove Objects**: Clear the surrounding area of any objects that could cause harm during a seizure.
- **Protect the Head**: Place something soft under the person's head to prevent head injuries.
- **Clear the Mouth**: After the seizure, clear the mouth of any vomit or food to ensure unobstructed breathing.
- **Recovery Position**: Gently place the person in a recovery position after the seizure to aid breathing and prevent choking.
- **Do Not Restrain or Move the Person**: Avoid restraining or moving the person unless they are in immediate danger.
- **In Vehicles or Wheelchairs**: If the person is in a car or wheelchair, keep them seated if possible.

## Myths about Epilepsy in Uganda

In many African communities, Epilepsy is often misunderstood, leading to harmful myths and stigmatization. Some common myths include: **Epilepsy is contagious**: Epilepsy is not contagious and cannot be spread through contact. **Epilepsy is caused by witchcraft**: Epilepsy has a neurological basis and is not caused by supernatural forces. **People with Epilepsy are cursed**: Epilepsy is a medical condition, not a curse. It can affect anyone, regardless of their background.





# New teachers!



By Zianna and Dhyani



Mr Wood:

Hi my name is Mr Wood, and I am a teacher of History at Rainbow. I have worked in a couple of other schools and countries before like China, Malaysia and England and now I am excited to be in Rainbow school because I got a job offer here and I wanted to also visit Africa. One thing I like about Uganda is that the people over here are so kind but one thing I dislike are the potholes. I like to play sports, the saxophone and read books during my free time.

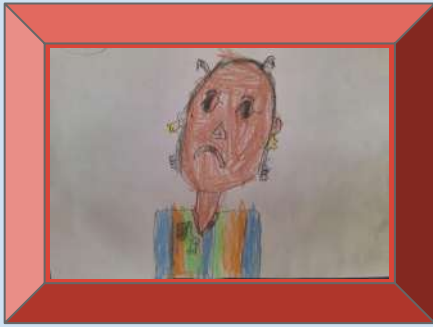


Hi my name is Mr Mottram and I am the head of primary. I have worked In Africa before in Cairo, Egypt for 4 years and then I worked in the U.K in 3 schools. I am happy to be at Rainbow School because I wanted to work with a family school and when I saw Rainbow's website I was excited to join and so far it has been very fun. One thing I like about Uganda is the people but one thing I am still not getting used to is the hot weather. During my freetime I enjoy going out with my family, mountain biking and snowboarding. A few musical instruments I have tried to play are the tin whistle, the guitar, the piano and the drums.

# LITTLE ARTISTS, BIG EMOTIONS

Year 1 children displaying their artistic skills. During an IPC art task, Year 1 children rose to the challenge, creating remarkable self-portraits that beautifully express a range of emotions.

We are incredibly proud of their art pieces! Can you guess who these Y1 artists are and the emotions they are portraying?



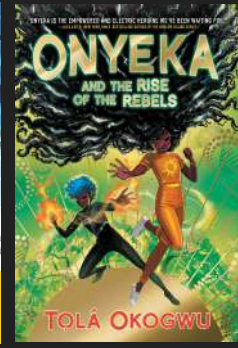
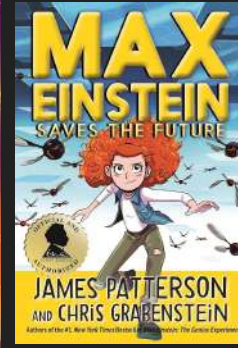
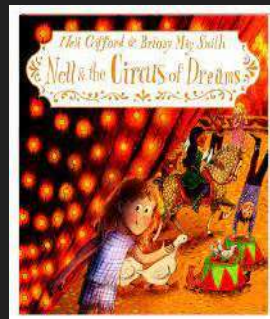
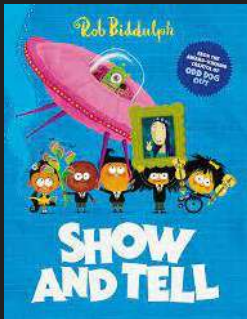
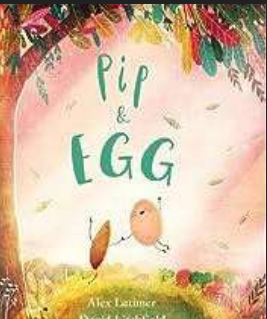
After your guess, go ahead and scan the QR code next to their masterpieces to find out.

By Mrs. Sentamu, 1CS Class teacher

# 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.

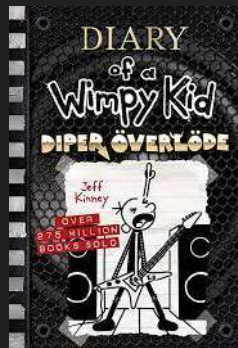
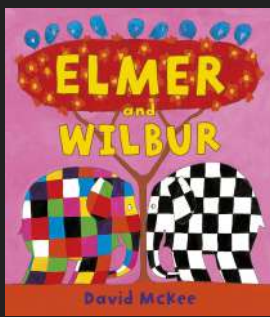
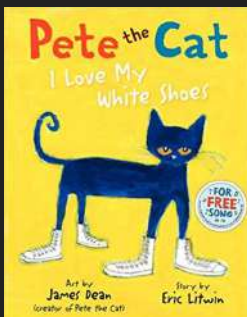
## NEW RELEASES: PRIMARY LIBRARY



Suitable for age 2-7 years

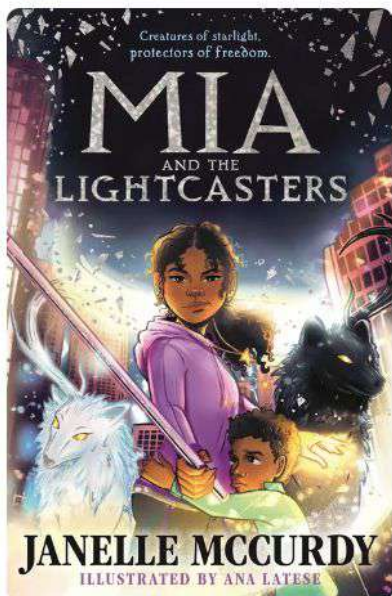
Suitable for age 8-12 years

## TRENDING NOW



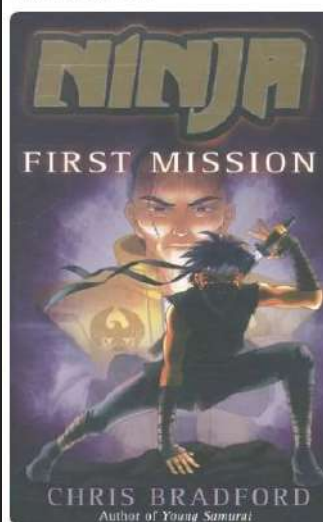
## REVIEWS

Mia and the light casters- Ibrahim 6FM



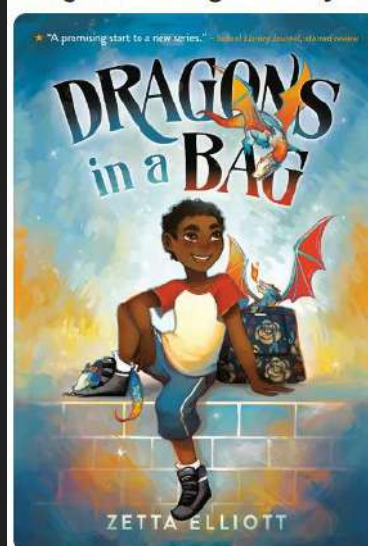
I really like this book because it's interesting and it has a lot of action and it's a really cool book.

David .R 4sk



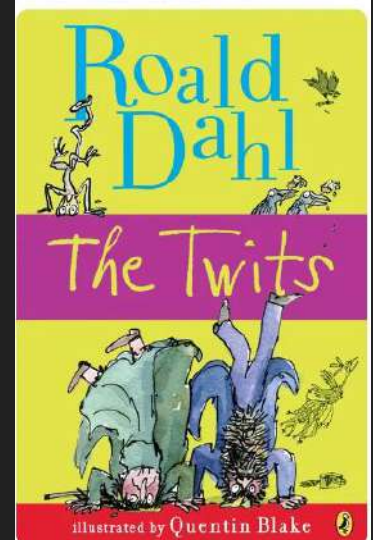
This book is about a ninja called Taka. He had to go through a tough training for him to be a good spy ninja and win a black belt so that he is able to go on missions which he really wanted from Grandmaster. and with the help of his friend Cho, he was able to get his black belt and he went on his first mission.

Dragons in a bag - Shanaya J



Dragons in a bag is a fantastic book about when Jaxon was required to send back 3 baby dragons to their home. It started when mama dropped him to ma's and Jaxon realized ma was a witch. He got to the dragons home but when he opened his bag, 2 dragons were there.

The Twits By: Roald Dahl  
Reviewed by Jennifer 5TK



The twits is a book about a disgusting couple who are known as Mr and Mrs twit . The both are filled with disgust and love to eat worms. I recomend this book to people who want to read funny books , and the humour in this book is just EXELLENT.



# Careers Fair 2023

On 21st and 22nd of September 2023, Rainbow International School hosted yet another successful Careers Fair. The students who attended this fair were from Years 11, 12 and 13. There were representatives from more than 50 universities and a few number of agencies.



As we walked around the conference hall, the anticipation was palpable. Anticipation for what you may ask?... The future! It stared us right in the face as we all contemplated where exactly it would take us. For some, Medical school beckoned us, while others could hear the siren calls of Business schools.

Looking around, one could observe classmates as they grasped onto whatever details the University representatives offered. A word of advice or a top secret tip for applications were eaten up eagerly like a bowl of ice cream.

**By Misha and Gabriella**

The representatives themselves all showed excellent and diverse character, giving insight into what exactly the Universities were like.

They entertained the never ending questions and offered us all winning arguments as to why their University was the best. Here are the top three tips from the representatives, for those attending the fair next academic year:

1. Know what you want! One cannot just go there to dilly dally and collect cool merchandise!
2. As mentioned before, it is crucial to understand what the Universities are looking for.
3. Lastly, and most importantly: come with questions! In order to truly milk the cow for all its worth.



# Year 4 Highlight of the Term

## Ice Cream Making

Exit point By- Makayla & SM

During our exit point, we made delicious ice cream with our mums and dads. It was a wonderful experience for us. The activity required Collaboration, Communication and respect with our group members.

Making the ice cream was a long process but was worth it. The reason we did this was to help people who need extra love and care. I would like to give a big thank you to our teachers, we couldn't have done it without you. And another big thank you to our parents for all your love and support. And for sparing a few minutes for us.

Did you know a good deed can go a long way? Even if it's just buying a cup of ice cream. The place where we were donating the money is called the hospice charity. And we believed that giving to the community is always a good idea.

What a great way to end our topic Shake It!!!



Over the first half term, Year 4 followed the IPC unit of learning 'Shake it!' This science-based unit was linked to our non-chronological reports in English. In this unit we explored states of matter (solids, liquids, and gases) and conducted a variety of interesting (and sometimes messy!) experiments including: making butter, milkshakes and different kinds of milk to provide alternatives to cow's milk.

What other way could we think of exiting this unit other than making ice-cream! We made various flavours of ice-cream with our parents and sold them for charity. A big thank you to those who came to buy the ice cream as well.

4SM





# IN SPORTS!

*Congratulations to you all for having made it to the beginning of the second half of this term! Below are the sports events due to take place in the next half of this term:*

- ★ **Inter house Sports** for Yr 11- 13 from 16/10/23 to the 26/10/23
- ★ Our very own **Secondary Swimming Gala** on the 27/10/23
- ★ The **Secondary Sports Day!** 17/11/23
- ★ The **ISSAK Swimming Gala** on 27/11/23
- ★ **Football Finals!** 02/12/23
- ★ **ISSAK Cross Country** on the 05/12/23

And at the end of the term... **Teacher Vs Student** matches have been proposed in Volleyball and possibly Water Polo so we look forward to confirmation on that matter!



As we are all aware, the ISSAK athletics took place just before the end of last half-term. However, are we all aware that Rainbow acquired second place overall? This is indeed an incredible achievement, and I would like to express our deepest appreciation to those who put in tremendous effort and participated, as it would not have been possible without their dedication.

[By Cynthia and Denis, Yr 11.](#)



**Sudoku Challenge!**  
How fast can you complete this?  
*\*See the rules at the bottom of the page if you are new to this*

7	2	3				1	5	9
6			3		2			8
8				1				2
	7		6	5	4		2	
		4	2		7	3		
	5		9	3	1		4	
5				7				3
4			1		3			6
9	3	2				7	1	4

**Sudoku Rules**

The 9x9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically.

Additionally, there are 3x3 squares marked out in the grid, and each of these squares can't have any repeat numbers either.