



A WELCOME FROM THE EDITOR

Dear Rainbow community, welcome to the fourth edition of The Ingoma.

Firstly, we would like to apologise for the delay on our last newsletter due to enrichment being cancelled for the past two weeks. Secondly, congratulations to the winning houses on sports day Sesse and specially Impala who finally came through by winning the spirit and cheerleading cup. Additionally, thank you to the students for participation and hard work put in for ISAAK swimming at ISU.

This newsletter indicates all sorts of information from our school.

Thank you for taking the time to read.



In this edition

- ❑ [El-Nino: The Child](#)
- ❑ [Year 12 outdoor learning week](#)
- ❑ [Bless A Child Foundation \(BCF\)](#)
- ❑ [Primary Pages](#)
- ❑ [Guess the teacher](#)
- ❑ [Christmas Tech Gift Ideas](#)
- ❑ [Sports Day](#)
- ❑ [Quiz Section](#)
- ❑ [Anti Bullying Week](#)
- ❑ [Book Review](#)
- ❑ [Weird Sports](#)



Cheers and Victories: Highlights from Our Spectacular Sports Day!

Sports Day at Rainbow International is always a much anticipated and fun-packed event. Last Friday was an absolute blast! The sun was shining, the cheers were loud, and our school spirit was unmatched. The day began with a light drizzle that gave each one of us a scare but all thanks to the beautification team, and some hard working students, the field was organized to the best of their abilities and we were able to have an entertaining sports day.

From the start, our athletes showcased speed, strength, and teamwork in epic competitions. Loud cheers echoed during the relays as students displayed their athletics as well as team working ability. Tug-of-war battles definitely had us at the edge of our seats with Kyoga emerging victorious among the girls and Rwenzori among the boys.



Teachers and parents surprised us with their athletic abilities in a relay that marked the end to all the races and it was delightful to behold the parents taking part in the tug-of-war.

All the activities were certainly filled with camaraderie, as students from all classes cheered, strengthened their friendship bonds, and made unforgettable memories. It was truly a remarkable occasion held at RISU.

It is important for us as a school to have a Sports Day because it encourages active participation in sports activities, promotes physical health and fights issues like obesity and sedentary habits as well as giving all students an event they can look forward to.

At the end, Mr Jones presented the results where Ssesse won the overall event and Impala finally received both the cheerleading and spirit cup!!

Many congratulations to both Ssesse and Impala for their accomplishments and well done to the other houses for their team spirit and participation.

By Cynthia and Iram Yr11

Anti Bullying Week



The Anti-Bullying Week is an annual campaign aimed at raising awareness about bullying, its impact on individuals, and the importance of preventing bullying in schools, communities, and online spaces. This initiative brings together schools, organizations, parents, and individuals to promote kindness, empathy, and respect and to create a safe and inclusive environment for everyone. Let us make a noise about bullying and work together to make a positive change in our schools, communities, and online spaces by preventing bullying, fostering empathy, and creating a culture of respect and support.

Anti-Bullying Week 2023

The Anti-Bullying Week is typically scheduled for a specific week in November each year. In 2023, it was the week starting from November 13th to November 17th.



This year's theme was "**Make A Noise About Bullying.**" The theme encourages individuals to speak up, take action, and make a collective effort to address and prevent bullying.

Celebrities & Cyberbullying

Ed Sheeran



Standout Quote: "I go on it and there's nothing but people saying mean things. One comment ruins your day. But that's why I've come off it."

Sheeran, best known for his music, saw a rise in bullying and backlash after his cameo in Game of Thrones. While his account still exists, his bio states that the account is no longer utilized & the star only shares automatic pushes from his Instagram account.

Demi Lovato



Standout Quote: "Sitting behind a computer gives people a sense of anonymity, but everyone needs to realize that words- even the ones they write online- have a strong power to hurt people."

The rise to childhood stardom shined a bright light on many of Lovato's personal struggles, including bipolar disorder, bulimia, and cutting. Lovato has not allowed these experiences to diminish her voice and has become active in standing against bullying and making clear the effects it can carry.

Miley Cyrus



She says: "I went through a time where I was really depressed, I even locked myself in a room so my dad had to break my door down".

She now takes an active part in "making Twitter a better social media for celebrities to stop negativity cyberbullying brings". Miley is not afraid to speak out, although she has been bullied a lot. She also wrote a book "Miles to go" where she tells about her school years and bullying experience

Selena Gomez



Standout Quote: "Imagine all the insecurities that you already feel about yourself and having someone write a paragraph pointing out every little thing, even if it's just physical."

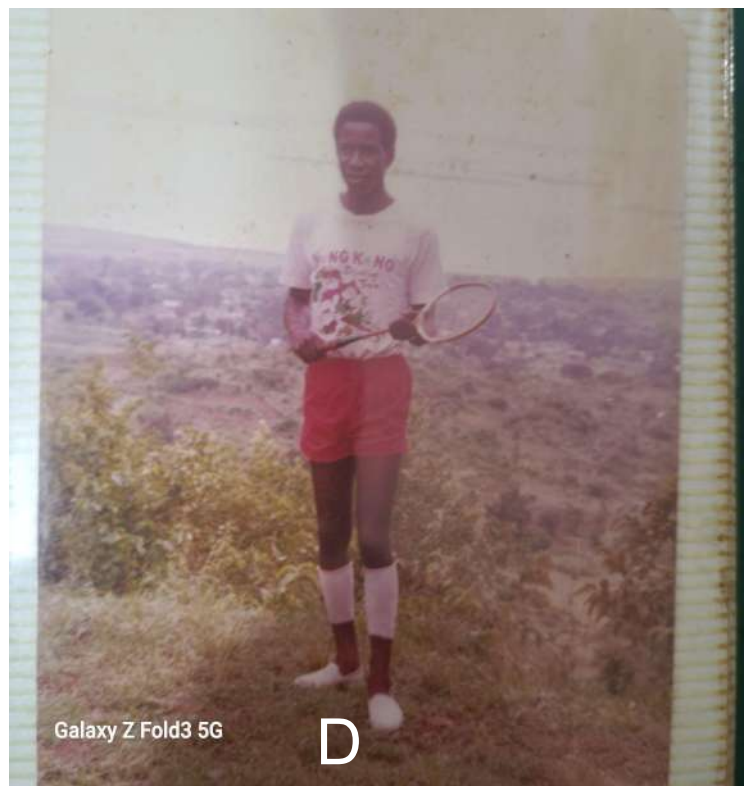
It isn't that Gomez experiences a special type of cyberbullying, but being one of the most followed individuals on Instagram (well over 155 million+) comes with a wave of negativity. Gomez actively speaks out against cyberbullying and utilizes her experiences to emphasize the dangers and selfishness that can lurk online.



GUESS THE TEACHERS BY THEIR CHILDHOOD PHOTOS

Can you guess the teacher by their childhood photo?

Email your guess to the editor: editor.ingoma@risu.sc.ug



Achievement of Intensive English Programme:

Primary ESL Students Thrive in Mainstream Classrooms

Having started with no English, the ESL students have continuously progressed in their English learning. Thanks to Rainbow School for providing ESL (English as a Second Language) Intensive Program. Rainbow School's ESL Intensive Program has played a pivotal role in empowering students to quickly acquire and develop their BICS (basic interpersonal communication skills) in English. This program stands as evidence of the school's commitment to providing targeted language support and fostering an inclusive approach to ESL education.

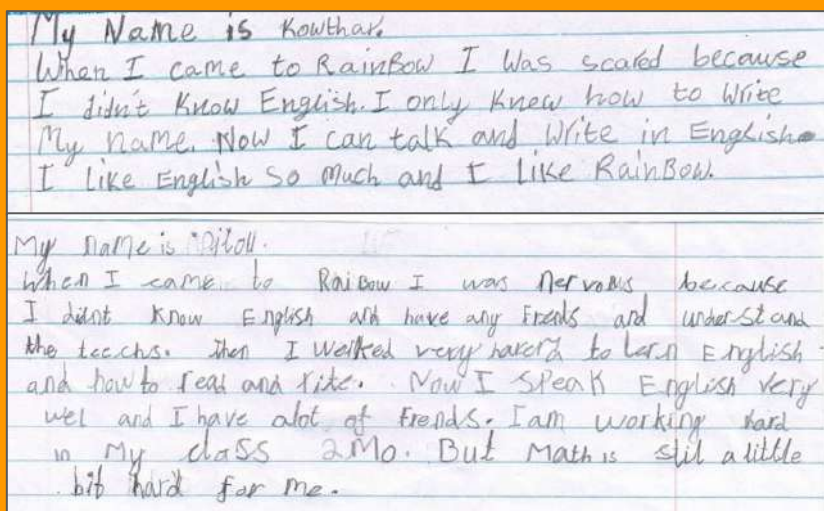


Collaborative Approach

The success story is not just about language acquisition; it's about collaboration. The ESL teachers work hand-in-hand with mainstream class teachers, embodying the philosophy of "Be the teacher who makes every student feel like the favourite student". Together we create a "safe space" learning environment, ensuring that every student, regardless of their language background, not only learns but thrives academically and socially.

Heartwarming Achievements

The achievements of ESL students at Rainbow School are documented in heartwarming success stories. These stories reflect the dedication of both students and educators in overcoming language barriers and flourishing in the school community.



What Students Say

Pitou and Kowthar's stories showcase the impact of the programme on their confidence, communication skills, and overall academic experience.

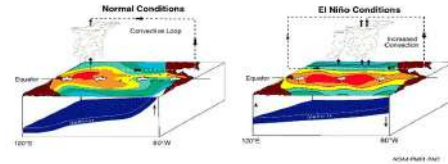
Looking Ahead

As Rainbow School continues its commitment to excellence, the ESL programme looks ahead with the expansion and continuation of language support programs for parents and guardians. This initiative aims to further promote the integration of culturally diverse resources, creating an even more enriching educational environment.

A Message from Ms. Akena, ESL dept

"Together, we celebrate the achievements and diversity that make our school a place where every student shines. The ESL journey is not just about language; it's about fostering a community where everyone feels valued and supported."

EL NIÑO - THE CHILD



IN THE 19TH CENTURY, A **PERUVIAN FISHERMAN** EXPERIENCED A **BIG FLOOD** THAT OCCURRED SOUTHWARD ALONG THE COAST OF **PERU**. IT WAS SO DEVASTATING, THAT ABOUT **16%** OF THE WORLD'S **CORAL REEFS** DIED! HE NAMED IT "**EL NIÑO**", LITERALLY TRANSLATING TO "**THE CHILD**" IN **SPANISH**. HE WAS REFERRING TO THE FLOOD AS **THE END OF THE WORLD** AND, DUE TO **CHRISTIANITY**, JESUS IS **THE SON OF GOD** SO BASICALLY, JESUS COMES TO EARTH AT THE END OF THE WORLD.

EL NIÑO HAPPENS **EVERY YEAR** AROUND **CHRISTMAS**.

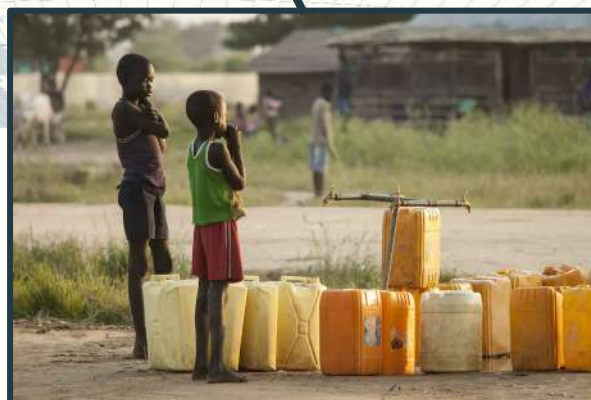
SO WHAT IS EXACTLY EL NIÑO?

EL NIÑO IS A **WEATHER PHENOMENON** THAT **AFFECTS THE PACIFIC OCEAN** AND THE **GLOBAL CLIMATE**. IT **OCCURS** WHEN THE **TRADE WINDS** THAT BLOW FROM **EAST TO WEST** WEAKEN, ALLOWING **WARM WATER** TO **PILE UP** NEAR **SOUTH AMERICA**. THIS **DISRUPTS** THE **NORMAL PATTERNS** OF **OCEAN CURRENTS, WINDS, AND RAINFALL**, CAUSING **FLOODS, DROUGHTS, AND STORMS** IN **DIFFERENT REGIONS**. EL NIÑO **USUALLY HAPPENS** EVERY **3 TO 5 YEARS** AND **LASTS FOR SEVERAL MONTHS**. IT OFTEN **PEAKS** AROUND **DECEMBER**.

BELOW YOU WILL SEE WHERE EL NIÑO IS HAPPENING TODAY:



El Niño Countries



Created with mapchart.net



YEAR 12 OUTDOOR LEARNING WEEK

Y12 outdoor learning week was a trip to the Nile River Camp, Jinja. We embarked on our trip at 9:00 AM sharp, and just the ride there was part of the fun with everyone playing music, getting along while enjoying smores.

One activity we did was quad-biking which was a blast where everyone having fun, competing with each other. In addition, some of our plans were cancelled due to the bad weather in Jinja but that didn't stop us from swimming.




Steps of making bark cloth by Halvard

Halvard To know how bark cloth is made


First Step

- The Makaha tree is shaved using a sharp strong stick and a wedge.
- The tree trunk is covered in ferns and is dried in the sun.




Second Step

- Wood, kavae leaves and ferns are used to beat the bark to make it softer for it to be used to fold it.
- After the ferns are out they take the bark and put it in boiling water to make the bark to make it more soft.




Third Step

- The bark is pounded hard with a mallet to beat it.
- The bark is shaved to remove the large pieces.



Final Step

- After shaving and pounding it they put it out in the sun to dry for 3 days.
- It is then held in deep red-brown color.



6DS Makes New Materials



In our IPC unit this term, 'Making New Materials', the children gained knowledge about historical periods named after materials. They also explored how barkcloth was used in the past and its contemporary use. Here is a taster of some of the things we did in this unit.



I think the idea of barkcloth is good as it is easy to make things out of it.- Keith

I enjoyed learning about it but personally I don't like it much- Joel



I like barkcloth because it is comes straight from our environment.- Paula



I think barkcloth is really interesting because it is the only type of cloth I know that is made out of a tree trunk.- Yahvi

I think barkcloth is a good idea as it is used in royal coronations.- Joanna



So proud of what we made!

BLESS A CHILD FOUNDATION (BCF)



In order to address serious international problems like hunger, poverty, and environmental sustainability, Charities are essential. Charities frequently work as advocates for Change motivating people as much as governments to undertake significant, broad-based action.

BCF was established in March 2007 and has so far taken care of over 7,000 children who have suffered from cancer patients and related infections. This year, BCF was introduced in Rainbow International School by Maneet Bhatt. This specific charity is run all together with the year 7s.

Why was this organisation introduced to the school?

Encouraging comprehensive growth in the ever-changing educational world extends beyond textbooks and tests. It entails molding responsible, sympathetic, and socially aware individuals who are prepared to change the world for the better. Launching a new charitable program at our school is an investment in our society's future leaders, not just a charitable endeavor as well as raising awareness about cancer . It is a calculated risk for the future as well as an act of kindness. It gives students the skills and exposure they need to develop into skilled, empathetic, and responsible leaders.



In Year 3, our current IPC unit is 'How Humans Work.' It is about what happens inside our bodies, the different organs and how they work. We have learnt about the respiratory system, skeletal system, digestive system, and muscles as well as other organs and how they work. We are scientists, nutritionists, artists and fitness experts and much more.



A fun entry point

*My favourite part of **How Humans Work** was when we learnt how the muscles work and how to take care of my body and how the skeletal system works.*

By Antonia, 3MS

We got a chance to move around the school and interviewed different members of admin staff about exercising. How would you respond if we got to interview you?

- *What type of exercises do you do?*
- *Which muscles do you normally train when you exercise?*
- *Why do you exercise?*
- *How do you feel after exercising?*
- *Do you reach 10,000 steps a day? Why or why not?*



A mile-run exercise to get our 10,000 steps a day



In one of the lessons, we had an experiment about the digestive system, to help us understand how the system works.

We used bread, bananas, and cereal. We broke them into small pieces and added some water to act as saliva. Punch pockets, bucket, socks served as different parts of the system

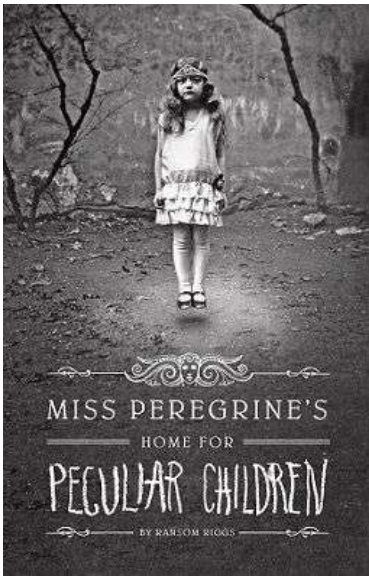
The end product was gross but it left an unforgettable lesson about the journey of food from the mouth, through the digestive system up to excretion.

-Amina & Wasswa, 3MS



X-ray themed art to consolidate our understanding of the skeletal system

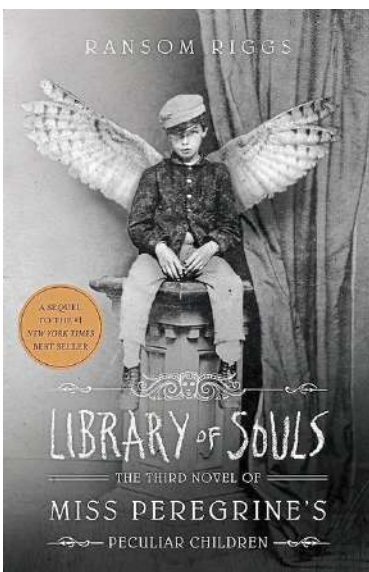
Miss Peregrine's Home for Peculiar Children



The original book written by Ransom Riggs displays a boy named Jacob Portman whose grandfather Abraham portman tells him astonishing tales about himself, he described monsters with tentacles, an island, a refuge home and a bird that smoked a pipe. Jacob would later use these tales, some of his grandfather's old letters and his last words before he died to find the Welsh Island, the peculiar orphanage at cairnholm and the 'bird' that he once thought were purely fiction. He finds peace at once when he finally found the things he longed for; however, he soon finds out why it's a good thing that the children were secretly hidden and what creepy ghouls lurked in the shadows and along with a few plot twists on the way.



The book is quite interesting, I especially liked the fantasy fiction the author included in the book and I think that it was my first time seeing a very fascinating novel with vintage photographs that made the story even more captivating. The horror part was especially my favourite but the book has more to offer such as dark humour, romance and action. Overall I would definitely recommend the book for adolescents fourteen and above or adults who enjoy horror fiction.



Available at the secondary library today with two continuous books that continue the mystical story of Miss Peregrine's home for peculiar children.



By: Ziana y8 recommended to me by:

Manchester city topping the table once a again with Liverpool and Arsenal neck and neck just behind its back. Man U 24 points, slowing making their way up the table, leaving behind poor West Ham and Chelsea. After a lengthy VAR review, Ashley Young fouled Martial inside the box, allowing Rashford to convert from the penalty spot to give Man United a 2-0 lead against Everton at Goodison Park. Man U won the match 4 - 0.

THE WORLD'S WEIRDEST SPORTS



Ooh, first place is looking a bit tight. Will it be the red crabby or the white crab just around the corner



Sepak takraw (Kick ball), Have they *no Bones?*, How does one **bend** like that?!



It is a unique, mind boggling sport that has captured the toes of many. A real hidden Jem. Competitors must use their strength and technique to gain the upper hand. Some competitors try to overpower their opponent, while others use quick swift movements and agility to out-manuever them. If arm wrestling was never your forte, consider taking up toe wrestling! Who knows? You might just be the next champion of World Toe Wrestling Championships, we can't wait to see you in Ashbourne, Derbyshire.



Cheese! Stop. Wait for me!

If you think that's a weird sport just wait until you hear about extreme ironing. *Psst! it's in the name*, Imagine ironing on the top of mount everest or while 10,000 feet off the ground! Sounds like a blast, sign me up! Oh and we can't forget the traditional cheese rolling and caber tossing. Just the thought of it got me jumping off my seat.



M
A
Y
A
N

B
A
L
L

The number of sports in the world are endless, and today we've learnt the they are no limits as to what can be a sport and what can't. You might just be the next underwater rugby captain for all we know. There's a Unicycle hocker in all of us.

Dogs hitting the waves, getting a taste of the salty sea water. Such Poise, such elegance.



PRIMARY SPELLING BEE

KS2 children competed in the primary school Spelling Bee.

The first round was conducted at lunch times and involved 2 children from each house competing against others in their year group.

The winners from each year group went forward to the final which took place in the assembly.

In the assembly, Yahvi, Shanaya, Mya and Garvit competed by spelling words aloud.

They were so good that they all progressed onto the spelling list of the year group above them.

Eventually, Mya in Year 4 emerged as our Spelling Bee champion.



4 children also competed in an online international Spelling Bee against children from all over the world. Yahvi, Shanaya and Makayla did incredibly well in a very complicated competition and Alba in Year 4 did so well that she gained a silver medal for her age category.

Tech gift ideas for Christmas



Oculus Meta quest 3- 1,899,558 UGX



Nintendo Switch OLED- 1,329,690 UGX



Playstation 5- 1,899,558 UGX



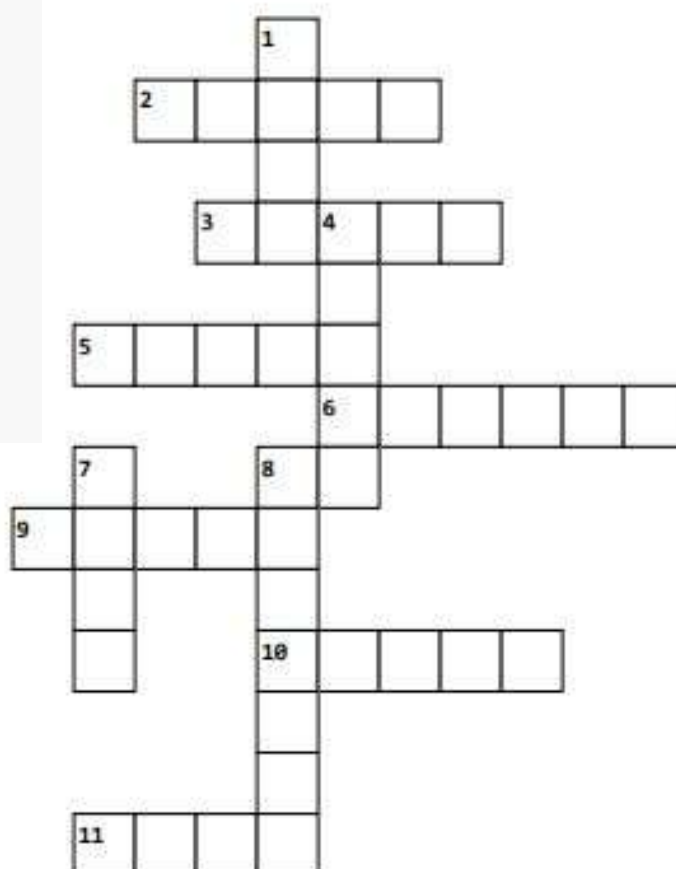
Airpods Pro 2- 949,779 UGX



Iphone 15- 3,039,292

Quiz section

Rainbow School Trivia



Across

2. Which house won the Swimming Gala 2022 Cheerleading?
3. What colour shoes do we need to wear?
5. How many colours are there in a rainbow?
6. Rwenzori, Ssesse, Kyoga, ...
8. Mandatory class for all students
9. Who was the Headboy of 2022-2023?
10. She is located at reception
11. What is Mr. Muchiri's classroom number?

Down

1. Saved by the...
4. What is our school play this year?
7. Which brand of milk is served for lunch?
8. What is our school mascot?



RAINBOW
INTERNATIONAL SCHOOL UGANDA