



Dear Ingoma Readers,

I hope this message finds you well and in high spirits.

As we approach the end of the term, the Ingoma team would like to express our sincere gratitude to every one of you for being avid readers of the newsletter.

Thank you for investing your time to look through our content. Your engagement and support are the driving forces behind the success of our newsletter, and we truly appreciate your commitment to staying connected.

Communication is a key cornerstone for a thriving community, and your readership plays an important role in promoting a sense of unity among students, parents, teachers, and staff. We believe that the newsletter makes a positive contribution toward this all important aspect of the RISU community.

As we reflect on how things have gone over the past term, we also look ahead with enthusiasm and anticipation. We remain committed to bringing you more engaging and insightful content, and captivating stories that celebrate the diverse talents and accomplishments of our school community.

Your feedback is always welcome. Feel free to share any suggestions or topics you would like to see featured in future editions.

Email the editor on editor.ingoma@risu.sc.ug.

Wishing you a wonderful holiday.
Editor Ingoma



In this edition

- ❑ Christmas Bazaar
- ❑ SEND Awareness Week
- ❑ Primary Student Council
- ❑ SEND Open Day
- ❑ Primary Basketball
- ❑ Bookflix
- ❑ Fossil Fuels - an article by Philippe Okwe
- ❑ Poems about Soil
- ❑ Y2 Trip to the Zoo





The Annual Christmas Bazaar

The highly anticipated RISU Annual Christmas Bazaar finally happened this past weekend. On Saturday, the air was filled with festive cheer and goodwill as the community came together for the spectacular fete held at school grounds. The day featured a variety of vendors and activities that created a vibrant and joyful atmosphere for attendees of all ages.



Activities: There was an abundance of activities available at the well attended event. Football matches, face painting, Santa's grotto, bouncy castles, merry-go-rounds and plenty of competitions among many other exciting activities ensured that the young and the young at heart were engaged and entertained throughout the day. The 'Wet the Teacher' was undoubtedly highlight of the event for some students! This waterlogged escapade left the teachers involved thoroughly drenched and added an extra layer of fun to the day.



Vendors: The vendors did not disappoint. There was a diverse array of offerings. Enticing holiday treats, handmade crafts, delightful snacks and foodstuff, unique gift items... Families strolled through the vibrant stalls, enjoying the opportunity to find the perfect gifts for the season.



Raffle! The day concluded with the grand raffle draw. Everyone waited with bated breath to find out if lady luck would smile their way. At the end of the draw, the lucky few walked away with fantastic prizes generously contributed by various sponsors.



The funds raised during the Christmas Bazaar will go toward a charitable cause. This season of giving has become even more meaningful as we join hands to make a positive impact on those in need. May that spirit of generosity and unity that filled the bazaar continue to inspire us throughout the holiday season and beyond. Wishing everyone a Merry Christmas and a Happy New Year filled with love, joy, and goodwill.

- Ingoma Team





Soil and Water: A Source of Life

What is water if not life?

If not a means, by our struggle and strife

That we began to rise

The start of a species, never before prophesied

What then, is soil?

The agent by which we grow?

Supplying the plants that we eat from

The seeds that we sow

An agent of life by which it's cycle flows

And yet, soil is understated

It's soil degraded as trees are done away with

And that same water lays its gentle hand across the ground

And swallows away the soil by which we've grown

Rivulets of soil wash away each day...

And yet we are stationary

Life blooms delicately, this we know

So how is life to be protected,

If we don't protect our soil?

By: Alaba Rosette Miria

On Wednesday 6th December, Year Two were out to Entebbe Zoo, which had been a long awaited trip out of school! Although the day started with one of the heaviest downpours of the year, it soon shone bright and our hopes rose again to set off on our journey to Entebbe.

It was a wonderful day as the children were able to see lots of animals, some of which they had only seen in books. The thrilling part was getting to see these animals up close - like lions, cheetahs, tigers, giraffes, zebras, buffalos, rhinos, elephants and lots more.

What a wonderful way of wrapping up our IPC topic titled, 'Live and Let Live'!

Below are pictures of some of the animals we saw as well as some children's thoughts about the trip.

Year Two trip to Entebbe Zoo



My best part at the Zoo was when I saw a chimpanzi. I got to know that a chimpanzi called Zakayo died at the age of 54 years old. It was also my first time to see a rhino. It had pointy horns. I wish we could go back again!

by Tasleem ZRK



My best part at the Zoo was when I saw an elephant. It was big it was smelly its trunk was long. It was also my first time to see a cheetah. It was exciting for me!

By Doris ZRK



SEND Awareness Week



SEND Awareness Week occurred from the 21st to the 24th of November, 2023. During the week, the school community focused on raising awareness about Special Educational Needs and Disabilities (SEND), fostering empathy, understanding, and support for individuals facing challenges such as Dyslexia, dyspraxia, and ADHD.

Our school had vibrant posters and materials strategically placed to educate and inform. These resources aimed to shed light on common issues faced by individuals with SEND and promote inclusivity within our school community.

At our secondary school assembly, we had an extraordinary presentation by a parent of a student who has epilepsy. This personal yet factual account gave us further insight into this student and how the condition impacts his and his family's daily lives. It also highlighted the school communities' role in this student's education, wellbeing and rehabilitation.

In classrooms, teachers integrated SEND-related discussions into lessons, allowing students to learn more about their peers' challenges. This proactive approach helped create a culture of inclusivity, knowing that support is readily available.



Dr. Aderin-Pocock

One of the critical aspects of this awareness week was the spotlight on renowned individuals who have not only faced but triumphed over challenges associated with SEND. For example, Dr. Aderin-Pocock the Nigerian-British scientist who has Dyslexia.

Dr. Aderin-Pocock was awarded the Gold Medal in The Physics News Awards in December 2020. for "exceptional services to science education and physics communication." On Dyslexia, she says, "My idea is that we need to change society as a whole," she says. "I'm really lucky because I get to speak to four-year-olds and sometimes the prime minister," before adding with a grin, "and I sometimes use the same demonstrations for both." Dr. Aderin-Pocock's success is a powerful testament to the potential and capabilities of individuals with SEND when given the proper support and opportunities.



Sir Lewis Hamilton – Racing Car Driver

During lessons, we also explored the journey of world-famous Formula 1 Champion Sir Lewis Hamilton, who has candidly shared his experiences with Dyslexia. In his own words, "I just struggled so much... I was always playing catch-up." "I still have failures today and you're constantly going to be learning so don't be phased by that. It's a part of the necessary journey to success. I just encourage you guys to never give up." Sir Hamilton's story resonates with many of our students, emphasizing the importance of perseverance, dedication, and the belief that success is achievable regardless of obstacles.

We want to thank all the students, teachers, staff and parents who actively participated in various activities and discussions during this week. By fostering an environment of acceptance and understanding, we are shaping a school community that celebrates diversity and supports each individual's unique journey.

Let us carry the spirit of SEND Awareness Week forward, promoting inclusivity and empathy daily. Together, we can continue to build a school community that recognizes and celebrates the strengths and talents of every student.

PRIMARY STUDENT COUNCIL

The members of the Primary Student Council have come into their own and are proud of their achievements this term. Their plates have truly been full! Bi-weekly meetings to discuss pertinent student issues; supervising play equipment including reminding students about proper use; and making special announcements at assemblies are some of the tasks that make up their roles.

A particular highlight for them this half term was going to the Principal's office to table their request for a 'Dress Down Day' to raise money. They were delighted when this initiative of theirs was approved.



This is just the beginning for the Primary Student Council. With the support of Miss Nabbanja and Mrs. Musoke, many more initiatives are still to come!

We are here to serve and represent our classmates!

*Our motto:
Leadership is not a position or a title, it is actions and examples*

We welcome ideas and suggestions!



**A few of our Primary Student Council representatives.
L-R: Emil, Jayden, Malaika, Isak, Tabaaza, Nadra**



If You Were Not

If you were not,
I would not be,
For my first fruit was from a pawpaw tree
Whose roots you, so warm and tender,
embraced and caught.

You harbour life,
Wealth and beauty,
On you stands our whole society,
As you hold power to bring prosperity...or
strife:

When the clouds shut their eyes
And you harden your heart,
Those who try to say all is well are telling
lies

Because - without you - how, when, and
where can we start?

Yet we seem to forget

And, instead of respect,

We give you more mouths to feed and
demand you sweat

While we uproot your friends and leave your
health unchecked...

We rarely give you a 'Thank you'
Since we're so busy hurting you
And ever walking all over you
Looking for more to get from you
And-

I- I'm sorry. We are sorry.

We are willing to work with you,
Treat you more considerately,
And appreciate all you do.

We will try to give you your space
And let you do things your own way,
Lessen our chemicals to just a trace,
So the trees can come back and gently
sway.

If you were not,

I would not be,

So I shall cherish what you've given me,
And diligently keep our ties of friendship
taut.

Philippe Okwe

PRIMARY BASKETBALL SEASON



We started off this term by entering four teams in the ISSAK primary basketball league: Under 11Boys, Under 11Girls, U9Boys and U9Girls. All teams participated competitively against 6 other international schools. Our teams had a chance to play against Acacia, Heritage, Ambrosoli, KISU and ISU and the standard of play was high across the tournament.

RESULTS

A heart round of applause goes to all our players who played their hearts out throughout the season. Our U11 boys finished in 3rd position. RISU's U9 Girls, U9 Boys and U11 Girls teams all made it to the finals and won the runners trophies!

Congratulations to our teams for an excellent showcase of basketball skills and good sportsmanship during the season. Many thanks to everyone involved in supporting the basketball teams.



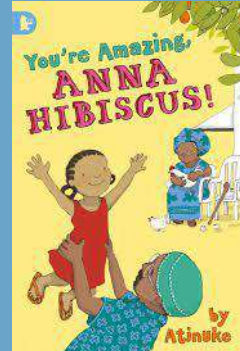
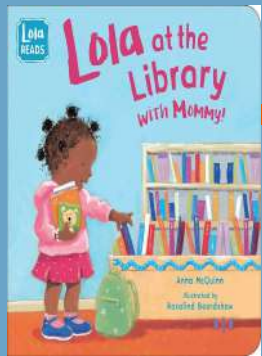
Football season is fast approaching and team training starts the second week of Term 2. U9 Girls and Boys will be training on Tuesdays and Wednesdays from 3-4pm with Coach Benson and Mr. Andrewartha. U11 Girls and Boys will be training on Thursdays and Fridays with Mr. Mark and Coach Benson from 3-4pm.

Have a great Christmas holiday!
Coach Benson

BOOKFLIX

primary library as well as what is popular right now with our primary children.

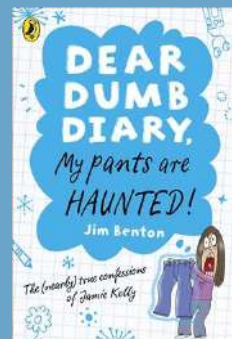
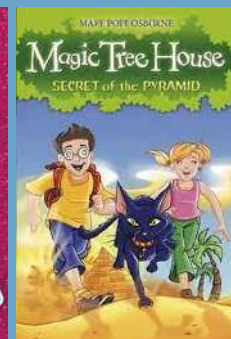
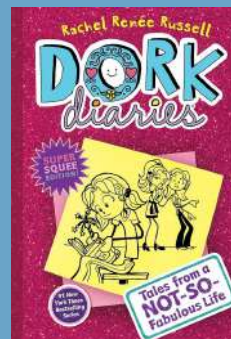
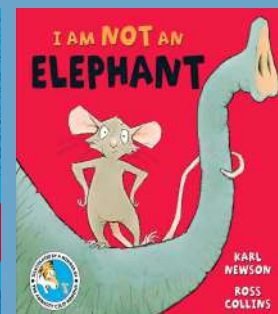
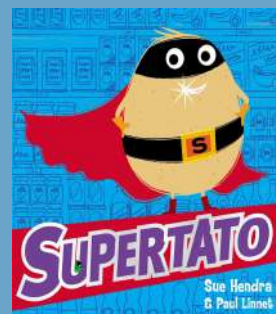
NEW RELEASES: PRIMARY LIBRARY



Suitable for age 2-7 years

Suitable for age 8-12 years

TRENDING NOW

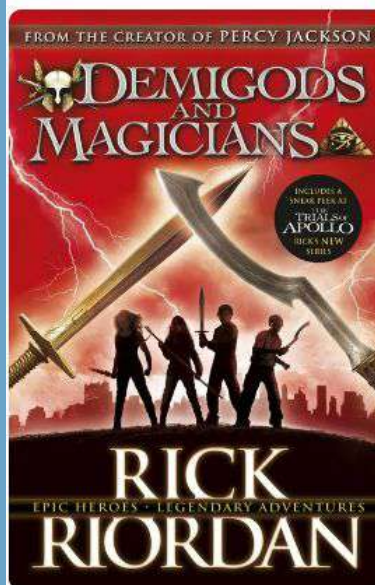


REVIEWS



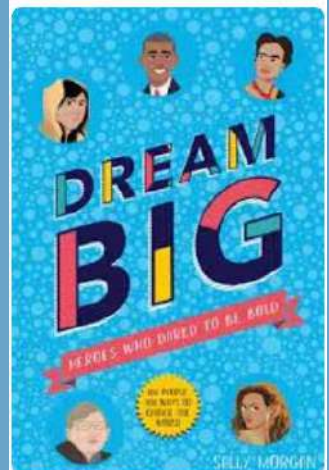
Malalas Magic Pencil By Nafisa
 One day Malala was watching tv and she saw a boy with a magic pencil any thing he wanted would come true Malala had wished for a magic pen every day befor bed One day Malala went to through rabishshe saw poor kids that did not have families so Malala told her and dad every she would look out the window and see poor kids she feels sad Once three men came and said girls are not allowed in school latter on Malalas voice came so powerfull that dangouros men couldnt silence her at last Malala found her magic pen.

Demigods and Magicians by Halvard



This book is about Egyptian magic mixed with roman magic that makes bad magic and terrible gods and this four in the picture are trying to stop the person from mixing both magics.

Dream big by: sally morgan
 reviewed by: LYAM5CB



This book is based on celebrities that chose to be bold for instance Desmond Tutu from south Africa and Nicola Adams USA. This book explains how the celebrities' child hood was and how they got to this stage of life.

I RECOMMEND THIS BOOK FOR YOU!!!!

Fossil Fuels: Running Out and Spreading Out



We need energy to power our transport, light our homes and charge our devices. Most of the energy we use to do that comes from fossil fuels — coal, oil and natural gas. This is not ideal since burning fossil fuels releases greenhouse gases into the atmosphere (leading to global warming) and because fossil fuels will run out one day.

But...energy cannot be destroyed.

So (aside from the environmental consequences), why should we care about using up all of our fossil fuels? All we are doing is converting the energy stored inside them into other forms, so why don't we just use that converted energy as fuel?

Well, not all energy is available for our use. Energy is most useful when it is concentrated — when you have

large amounts of energy in small volumes — and not very useful when it is spread out.

Fossil fuels are highly concentrated stores of energy, which is why we use them for several things, such as generating electricity. In this process, a fossil fuel is burned to convert its energy into heat energy (which is used to boil water and turn it into steam, then the steam is used to turn turbines and generate electricity!).

Unfortunately, some of the heat energy we get from burning the fossil fuel does not get to the water but instead spreads out into the environment. This energy is often called 'wasted energy' since it is less useful to us now.

This does not only happen when we use fossil fuels; in fact, energy spreads out even if you do nothing to it. For example, when you leave a plate of hot food on a table, the food cools down over time. Why? Because the heat energy that was concentrated in the food spreads out to the surroundings: the air, the plate, and the table.

But...why?

To help us answer that question, let's play a game on the next page.



Imagine we have six sweets, 3 red ones and 3 blue ones, and we pass them between ourselves randomly. Some time during our game, one of our friends walks by and counts the number of sweets we each have. What is the most likely number of sweets we will each have at that time?

(Note that when I say you have a certain number of sweets, I'm implying that I have the rest and vice versa)

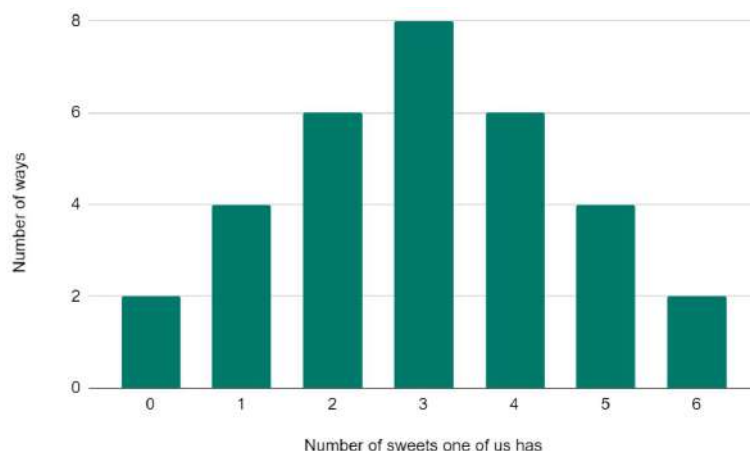
Maybe one of us will have no sweets: either you have all 6 sweets and I have none, or I have all 6 sweets and you have none, so there are 2 ways for this to happen.

Our friend could come when you have 1 sweet, red or blue, or when I have 1 sweet, red or blue, so there are 4 ways one of us can have 1 sweet.

You might have 2 sweets when our friend arrives — 2 red, 2 blue, or 1 red and 1 blue — or I could have 2 sweets, so there are 6 ways one of us can have 2 sweets.

Or, our friend might find that you have 3 sweets (3 red, 3 blue, 2 red and 1 blue, or 2 blue and 1 red) or I have 3 sweets, giving 8 ways one of us can have 3 sweets.

Here is a summary of the possible results of our game on a bar chart:



Because we passed the sweets randomly, each of these conditions is equally likely — so you having all 6 sweets is just as likely as you having 3 red sweets and me having 3 blue sweets. However, because there are more ways for one of us to have 3 sweets than for one of us to have 2 sweets, 1 sweet or no sweets, our friend is most likely to find both of us with 3 sweets, no matter how many sweets we each started with.

Objects have tiny packets of energy. If you bring those objects close together, the energy packets can move between them. After enough time, we will find that the energy packets spread out so that there is the same number in each object because this is what's most likely to happen.

If you lift the plate we left on the table after some time, and measure the tem-



perature of both the plate and the table, you will find that the temperatures are about the same, because the plate and the table have about the same amount of heat energy. In the power station, the 'wasted energy' is a result of the burnt fossil fuel's energy trying to spread out evenly with its surroundings.

Ultimately, as we use fossil fuels, all of their energy will be converted to other forms, and some will spread out in the process, becoming useless to us. Then, as we use the useful energy, it will spread out too, forming a cycle where our energy keeps spreading out, leaving us with less and less useful energy. We are not concerned about fossil fuels' energy *running* out but rather about it inevitably *spreading* out.

Luckily, we have another highly concentrated, highly reliable source of energy available: the Sun!

The Sun sends us energy that we can use here on Earth as solar, wind and hydroelectric power. As we use these resources, their energy spreads out, but the Sun constantly replenishes them with more concentrated energy that we can use.

Eventually, even the Sun's energy will spread out, but that is not going to happen for billions of years, and who knows if we will still be around to care about spreading out energy by then?

Until that time comes, however, we still have resources to conserve and a planet to protect.

Philippe Okwe 12AL



Our recent SEND Open Day brought together learning support staff from other International Schools in Kampala.

The event, hosted by our SEND team here at RISU, fostered collaboration, shared experiences, and the exchange of strategies to enhance support for the children in our care.

The collaborative initiative, which took place on November 22nd, provided an invaluable platform for learning support professionals to come together and engage in meaningful conversations about the challenges and triumphs in their respective roles.

Representatives from **7 Hills International School, Ambrosoli International School, International School of Uganda, KCIS, Heritage, and Kampala International School** gathered to share insights, best practices, and innovative approaches to learning support.

The day started with a warm welcome, setting the tone for an afternoon of open dialogue and collaboration. Participants were eager to share their experiences, discuss practical strategies, and further explore ways to strengthen our schools' learning support systems.

By sharing experiences and strategies, we are enhancing our individual capacities and collectively elevating the standards of learning support across the international school community in Kampala.

We sincerely thank all participating schools, their dedicated learning support staff, and everyone who contributed to making this event a triumph. Here's to continued collaboration, shared learning, and the collective pursuit of excellence in supporting the diverse needs of our students!

The collaborative spirit extended beyond the formal sessions, as attendees engaged in informal networking opportunities during breaks and a shared lunch. These moments of connection allowed learning support staff to build meaningful relationships, establishing a support network that transcends individual school boundaries.

As we reflect on the success of this Open Day, it is evident that the commitment to collaboration among our schools has the power to impact the support we provide to our students significantly.

One of the highlights of the Open Day was the discussion featuring representatives from each school, where they shared success stories and challenges faced in supporting students with diverse learning needs. This session provided a unique opportunity for professionals to learn from each other, gaining fresh perspectives and insights that will benefit the students we serve.

Topics discussed were the delivery of Learning Support, including interventions, alternative courses and career pathways for our students. We also looked into the use of outside agencies, assessments, teaching resources and training courses for staff.



RISU Learning Support Team