



# INGOMA

News with a beat

Dear Ingoma Readers,

Welcome to the sixth edition of the Ingoma.

The term is already a busy one with lots going on in all sections of the school. In Primary, Enrichment has begun with a bang, with a variety of clubs on offer, including two new activities, Mandarin and Breakdancing. Also in Primary, the new Art Room is proving a great hit with teachers and students, and in the COBIS Minecraft international competition, RISU is smashing the competition. We have also had some early successes in basketball this term - more of that in the next edition.

In Secondary, the newly-offered E-Sports has proven to be a very popular enrichment club, and with a new term comes a new Ingoma team who will be working hard to produce an informative and entertaining newsletter every two weeks.

And of course, how could we forget the upcoming production of 'Annie'! After months of hard work, the cast will be performing at the National Theatre on 9th and 10th February; tickets are available from the school reception. Also, keep an eye out for an inter-house Spelling Bee, coming soon.

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

Editor



## In this edition

- Y2 Reflections
- Teacher's Childhood Pics
- Digital Wellness
- Bookflix
- PSHE Appreciation
- Library Assistants
- Little Miss Uganda
- Tennis Lessons?


## Save the date.....

- 31st January - Primary No Pen Day
- 2nd February - Primary Swim Gala
- 3rd February - Early Years Open Day
- 5th-9th February - Environment Week
- 9th & 10th February - Annie!
- 12th -16th February - School Holiday
- 1st March - International Day
- 1st March - Sharz Borderless Education Fair
- 7th March - World Book Day




## 2MO


A high-spirited start to T2 in Y2! Some of the children had this to say during our PSHE discussion about what they like about Rainbow school and their class....




I love my class. I want the teachers to teach me more and more to know new things. I want to know the world and to know the earth.  
**Jorge Mario**



I love Rainbow because we have playtime and we have a nurse when you are hurt.  
**Pitou**




I love my school, I love my teachers because they help me learn and grow.  
**Nami**




I like my school because I can paint new things and learn more sports.  
**Jeremiah**



I feel good about the school because of the things that we do.  
**Kian**



I like my class because I have nice and kind teachers and I make friends.  
**Thomas**



Why I like my school is that I have a bunch of friends and I play with them everyday. I like my teachers and I love my friends in the school.  
**Jovina**



I like this school because I learn new things and I make new friends.  
**Nissi**



I feel happy in Rainbow School. I have friends and a great teacher. I learn new things.  
**Emma**



I like my school because everyone is kind to me.  
**Zac**



I like the school because we went on a trip to the zoo and we met new teachers and I like their teaching.  
**Pierre-Alfa**



I like my class because I have new friends and also I am kind to my friends.  
**Kowthar**



My school is the best. Every single day we learn something new. You learn from your mistakes and much much more.  
**Leron**

I like my school because I get to learn more and challenge my brain. I like the school because everyone is kind to me.  
**Skylie**



I like Rainbow, it is a friendly school, it is easy to make friends.  
**Adam**

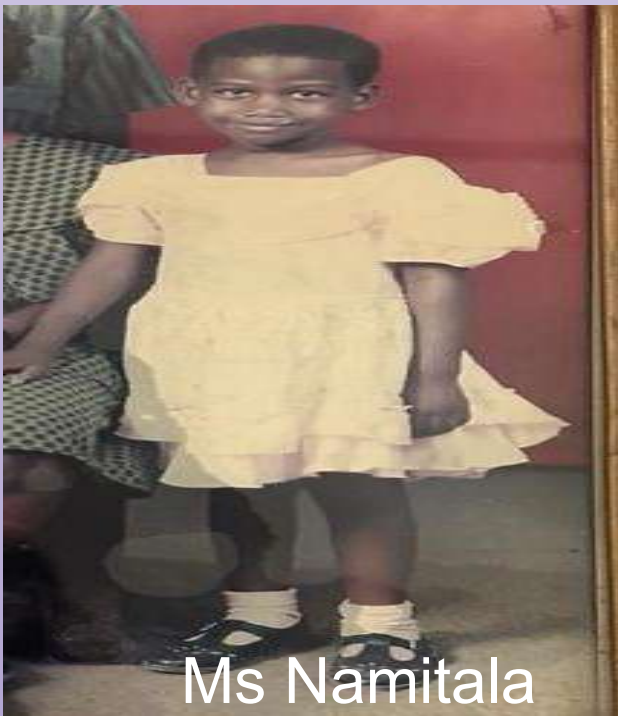
Rainbow school is good because it is a place that is fun, learning stuff that you can use when you are grown up.  
**Zaake**



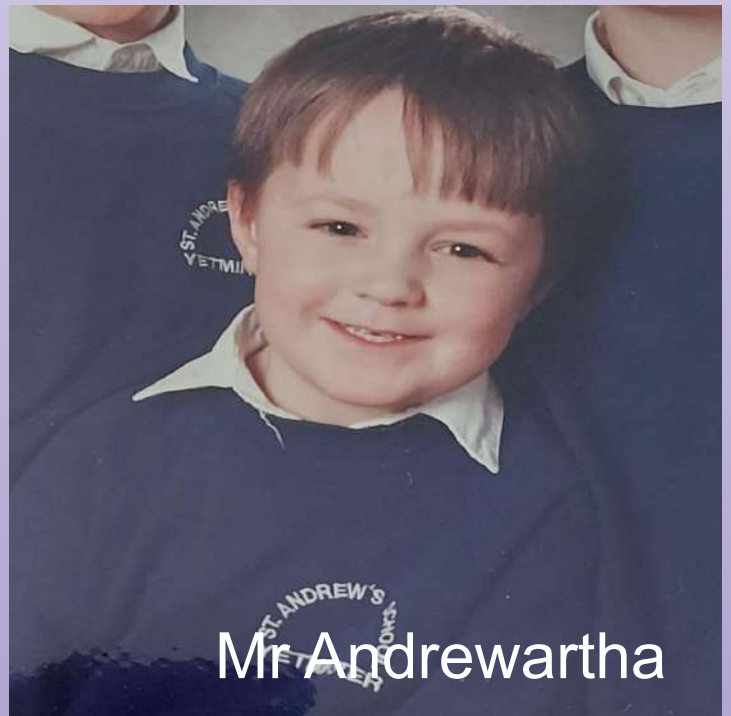
# **GUESS THE TEACHERS BY THEIR CHILDHOOD PHOTOS**

Can you guess the teacher by their childhood photo?

For those of you wondering who the teachers were, see the answers below. New photos coming soon!



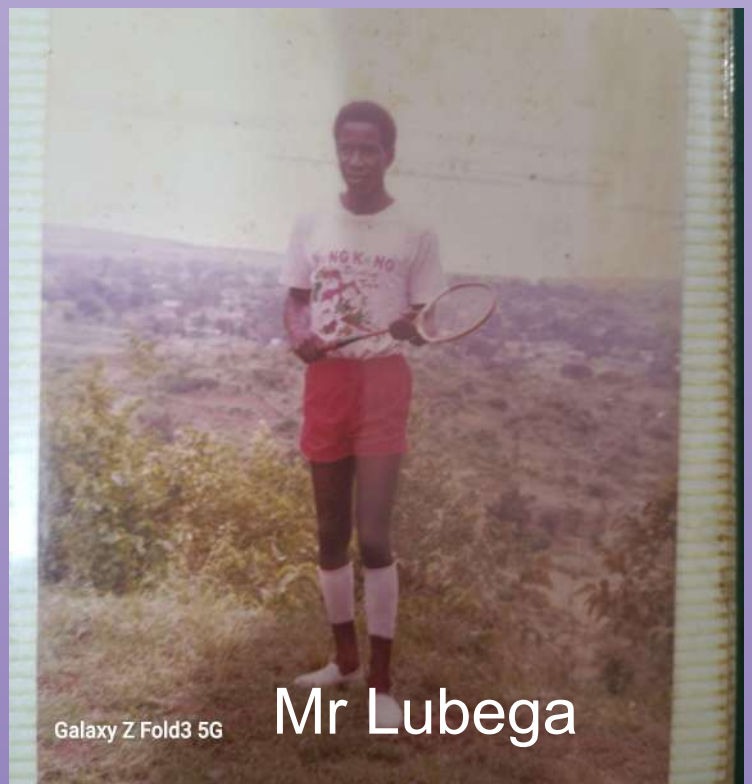
Ms Namitala



Mr Andrewartha



Ms Bakashaba



Mr Lubega



# Digital Wellness



In today's fast-paced and interconnected world, technology plays a significant role in our daily lives. We constantly find ourselves immersed in cyberspace. Social media, gaming, face timing, online learning platforms... these things take up significant proportions of our time and attention. While these tools offer incredible opportunities, it's crucial to strike a balance and prioritize our well-being in the digital realm. In this article we will explore the concept of digital wellness and consider practical tips to help us maintain a healthy relationship with technology.

## What is Digital Wellness?

Digital wellness is about using technology mindfully and intentionally in a way that supports our overall well-being. It covers various aspects of our digital lives, including managing screen time, fostering positive online relationships, and being aware of the impact of technology on our mental health.

## Tips For Maintaining Digital Wellness

### 1. Mindful Screen Time:

Striking a balance between screen time and other activities is essential. Set realistic limits on daily device use, and take breaks to reduce eye strain and fatigue. Make deliberate effort to stop and walk away from the device. You may also use tools and apps that help monitor and control your screen time.

### 2. Build Healthy Online Habits:

Be conscious of your online behavior and interactions. Foster positive relationships by practicing digital etiquette. Avoid cyberbullying, respect others' privacy, and think twice before posting or sharing content. Stop and reflect on your online persona. What could you do better?

### 3. Create a purpose for being online

Set specific goals for being online e.g. 'research a project', 'complete homework', etc. Aimlessly scrolling through online content without a clear purpose often leads to a lot of time wastage and there is no sense of accomplishment in the end. It becomes a way to distract oneself from other tasks or responsibilities. Being online can be way more fulfilling and positive if you have a purpose.

### 4. Establish Tech-Free Zones:

Designate specific areas or times where technology is not allowed. This could be during meals, before bedtime, or in certain areas of your home. Creating these tech-free zones can help you disconnect and focus on other aspects of your life.

### 5. Digital Detox Days:

Consider taking occasional breaks from social media and other digital platforms. Use this time to engage in offline activities, you could help tidy up, cook a meal, play a sport, read a physical book or just connect with friends and family face-to-face. A digital detox can refresh your mind and promote a healthier digital lifestyle.

### 6. Prioritize Mental Health:

Be mindful of the impact of digital media on your mental health. Stop and unplug when you feel overwhelmed, and seek support from friends, family, or school counselors if needed. Remember that your well-being is more important than online notifications.



RAINBOW INTERNATIONAL SCHOOL UGANDA

presents

# ANNIE'S STORY

An Adaptation of Annie



February 9, 2024

Time: 6PM

February 10, 2024

Time: 3PM

**Venue:**

National theatre

**Ticket price:**

30,000/=

## FOR MORE INFORMATION

Kansanga (off Ggaba Road) - Kampala, Uganda

Phone: + 256 758 032 501 + 256 750 401 541

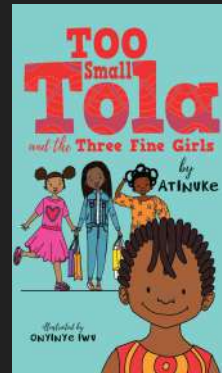
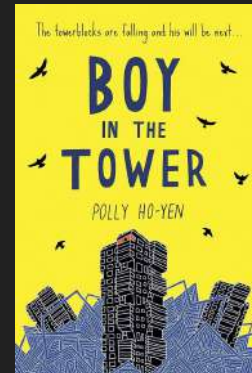
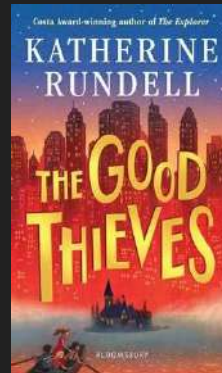
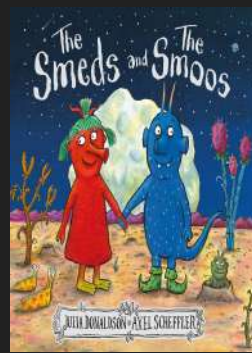
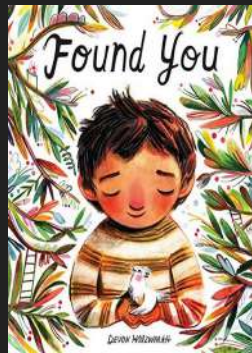
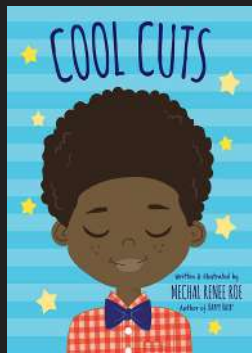
Email: [info@risu.sc.ug](mailto:info@risu.sc.ug), Website: [www.risu.sc.ug](http://www.risu.sc.ug)



# 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.

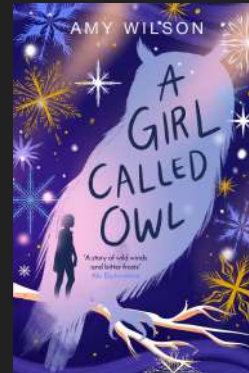
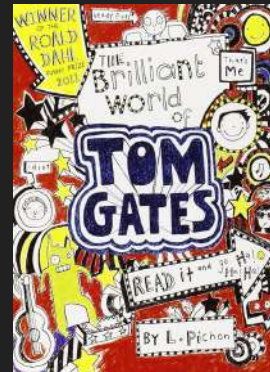
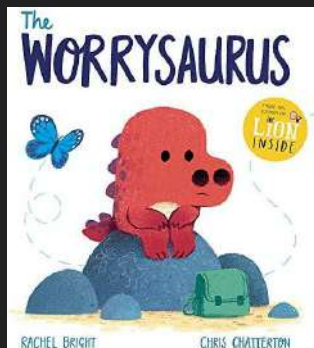
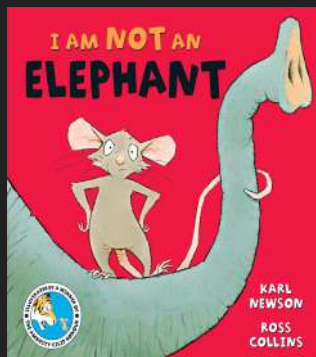
## NEW RELEASES: PRIMARY LIBRARY



Suitable for age 2-7 years

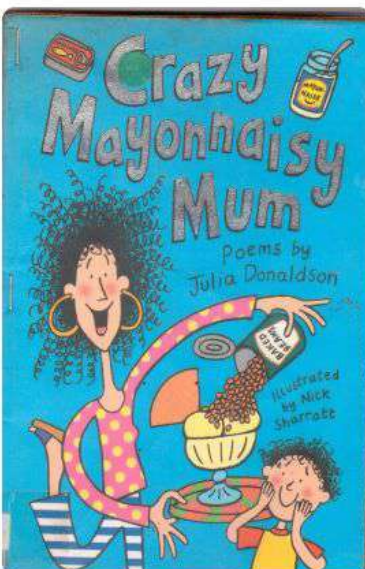
Suitable for age 8-12 years

## TRENDING NOW



## REVIEWS

**Crazy Mayonnaisy Mum,**  
reviewed by Carmen



This book has many different poems, for example a poem about pizza and poems about animals. I like this book because it was easy and funny to read it and I enjoyed reading the poems.

**Blast Off Let's explore JUPITER** By Praveen



This book talks about Jupiter it says that it is the fourth planet in the solar system and it takes 12 earth years for it to go around the sun. Jupiter is the largest planet in the solar system and it is made out of gas, liquid and a rocky centre. The weather there is very bad because it has been raining every since it was made. Did you know that in 1989 a space probe was carried into space. I would recommend this book to people who want to be astronauts.

**Goddess Girls. series 2**  
**Artemis the brave-**By  
Christellah 5tk

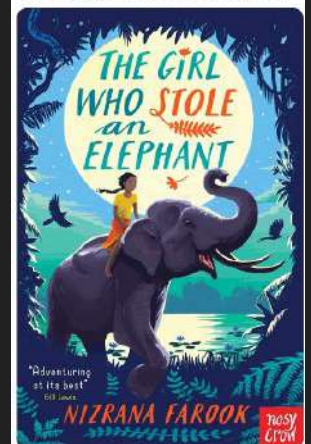


Goddess Girls is a story series (2) about a girl who had beastology class.

On a day, Artemis and her friends went for a mission to kill a beast but, they encountered some challenges leading them to disappointment but they kept on with resilience-fighting back-then in the end they won.

I liked this book because, the moral is 'never give up no matter how tough the situation looks like'

**The girl who stole an elephant** by Nizrana Farook



There is a girl called Chaya a very rebellious child. The daughter of the headman of her village, she's a young free girl who takes valuable things from the rich to help those in need. But one day she goes too far, and steals the Queen's jewels taking her to an escape into the jungle with her friends. With King's elephant.

I recommend this book for people who like plot twists and a lot of tension.



**Congratulations to Alorika Swamaka in Year 10 who earned the title 1st Runner-up in the Little Miss India Uganda competition.**



**Tennis Lessons for Secondary Students  
Wednesdays 3.15 - 4.15**



For more information, speak to Mr Holborow or email [secondarydeputyhead@risu.sc.ug](mailto:secondarydeputyhead@risu.sc.ug)



My favourite PSHE topic is Making differences because we get to know how we are different in many different type of ways and like different things, have different type of religions, Mother tongues and don't have many things in common

Chloe K Y4



Genesis Y1  
 my favourite is making differences because we get to know how we are different in many different type of ways and like different things, have different type of religions, Mother tongues and don't have many things in common

# What I Love About PSHE

My favourite topic is making differences because we are all different

Maya Y1

My favourite PSHE Unit is Valuing Differences because I learnt different things I didn't even know about. And it was kind of fun.

Malaika Y3



My favourite subject in P.S.H.E is me and my health. It help kids and even adults how to care for themselves, friends and peers! Helping to keep them selves safe and others, it has (in my opinion) the best activities and is a very major subject and life skills



**Growing and Changing**  
 I enjoy learning growing and differences because we can learn about different parts we have. Learning about what we can do during puberty etc is okay. It is very helpful in all ways. It can help us in body hygiene etc.

**Shanaya Jain 5TK**



Why I Love Valuing Differences Nadra 6d's

Valuing Differences is an amazing valuable and social topic because it teaches me to value and appreciate others no matter how different they are. For exp. their skin, hair, clothes, health, size, religious, dress, etc. I know I look like different because I'm muslim, wear glasses and braces and I don't care if my friends are Jew, Christian, Hindu etc but as long as we both appreciate each other we can be friends and that something I learnt in valuing differences.

**Nadra Y6**

## Education that prepares for life today, and tomorrow.

What we teach in the classroom will help our pupils foster lifelong aspirations, goals and values. PSHE education isn't just another school subject. It's a chance to give every child and young person an equal opportunity to develop the skills and knowledge they need to thrive now and in the future.

This includes helping them to deal with critical issues they face every day and giving them a solid foundation for whatever challenging opportunities lie ahead. From dealing with changing friendships to making informed decisions about alcohol to succeeding in their first job, PSHE education helps pupils prepare for all the opportunities, challenges, life decisions and responsibilities they'll face.



I enjoyed the PSHE Topic Valuing differences because it has helped me learnt ab that you don't have to be the same as others to fit in and that being Unique is a good thing. To me Valuing differences is a very important topic because it shows all our differences in many ways, and shows us its actually good being different. Thank you

**Jennifer Y6**



my favourite topic in pshe is me and my relationships because you learn how to keep the relationship with someone good And also because I find it interesting.

**Emil Y6**

# PRIMARY LIBRARY ASSISTANTS

## WHY BE A LIBRARY ASSISTANT?

To be a library assistant is a really fun and worthwhile job! It's rewarding and you might get a good taste of responsibility.

### What does it feel like to be a library assistant?

It feels good to enjoy doing small jobs, and you might be really appreciative of yourself. My experience as a library assistant is so satisfactory! Shelving books and clearing up makes me feel accomplished at what I've done! Always seeing the library clean is so pleasant. So I hope you'll enjoy it too. **Alba 4SK**

## COME AND SEE!



If you are interested in becoming a Library Assistant, visit Miss Catherine in the Primary Library for more information on how to apply for this important role.

**Our responsible Library Assistants (L-R)**  
**Front:** Hamza, Chloe, Carmen, Nafisa  
**Back:** Michelle, Christellah, Anais, Maya, Alba, Zoey, Shanaya, Aliyah, Jennifer

### Being A Library Assistant:

It has been a good responsibility taking care of the library you could also control the library as long as miss Katherine is not there. At times you could even find out new books.

I recommend you to try being one.

BY:  
Christellah 5TK

### Who is a Library Assistant & What does one do?

The primary library is a house of knowledge which should be neat and organized all times. A library assistant helps the librarian on specific days to maintain the library neat, clean, quiet etc. We take the responsibility to take over the library duties. We play a role of tidying up messes, organize the shelves, putting shelving book back etc. We let the library greener like new.

Shanaya Jain  
5TK (written by a library assistant)