



Dear Ingoma Readers,

Welcome to the seventh edition of the Ingoma.

As you all know This half term has been extremely busy for everyone. Habitat had a trip to paint a school, there has been an ESL trip to the water park, year 1 has been building their knowledge on buildings, environmental week where everyone seems to be focused on collecting plastic, winning for their house and year 9 had a trip to Entebbe. 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; Ziana 8oA



### In this edition

- Book reviews for book worms
- ESL waterpark trip
- Year 9 trip to Entebbe
- Environmental week
- Elon Musk: brain chip
- Bookflix
- Wonka - movie review
- Esports

### Save the date.....

- 9th & 10th February - Annie!
- 12th -16th February - School Holiday
- 26th & 28th February - PTCs for Y11-13 students (3-5pm)
- 1st March - International Day
- 1st March - Sharz Borderless Education Fair
- 7th March - World Book Day
- 19th-23rd March - Alatau trip to Johannesburg

*Life is not about waiting for the storm to pass, it's about learning to dance in the rain.*  
- Vivian greene



# Habitat for Humanity Outreach



transform the classrooms into a vibrant and engaging learning environment.

In honour of International Volunteers Day, members of Habitat for Humanity from Years 8, 12 and 13 had an outreach event at Kamwokya Islamic Nursery and Primary School.



Students were more than eager to paint the classroom block that bore years of neglect and memories of those who had passed through them.



We especially enjoyed interacting with the children and taking memorable pictures with them.



With the thought of the students coming there daily to study in our minds, we energetically sanded and painted the walls, hoping to





As the day ended, we thanked the Principal of Kamwokya Islamic Nursery and Primary School for giving us the opportunity and Habitat for Humanity Uganda for partnering with our school.

Not only did we collectively become better global citizens but we also improved our community both internally and externally.

The members thoroughly enjoyed the experience and most definitely look forward to the next one.

Nicole Bisangwa,

President of the Habitat for Humanity club



# Year 1 IPC: Buildings

For our IPC unit this term, we have been learning about different types of buildings. We linked the unit to one of our English lessons and the children practised describing some iconic buildings from around the world using adjectives. Here are some examples of their descriptions.

The Lotus Temple  
New Delhi, India



The lotus temple is silver and gold  
yellow. lotus temple is very beautiful.  
This temple is curvy and flat.  
The lotus temple is clean and shiny. lotus  
temple is huge. This temple is tall and it  
is bright.  
By Edwin and Musingsuzi

The Colosseum  
Rome, Italy



it is amazing and old.  
the building is also having  
lights.  
its also over a sewer on the  
top.  
by Clarisse and Nehita

Sydney Opera House  
Sydney, Australia



The building has white ish  
floors and gold lights flashing  
The museum is very  
old and it is in a sea  
by Joshua and Dante

Konark Sun Tower  
Konark, India



The tower is an old huge building with people  
inside. The roof is made of different layers. It  
looks like it has some holes on the roof.  
By Abdi

The museum is grey and  
bold.  
The museum is shiny and very  
huge.  
The museum is boat shaped.  
It is a cool museum.  
by Elsie and Kelsey Keza

Guggenheim Museum,  
Bilbao, Spain



The Buildings looks  
like a boat  
and it is fantastic.  
it is enormous  
and in a ocean.  
by Camilla and Jawhat.

- The pyramids are very sandy and dusty in a desert.
- They are huge and enormous.
- The three pyramids are triangular shaped.
- They are tall and sharp at the top making them look cool and fresh.

By Maitland and Joachim

The Pyramids of Giza  
Giza, Egypt





# Environmental week



*Turn your trash into treasure!*

- *Environmental week is that time to start being eco-friendly, however not just during the week but after as well. It is not just about plastic, but saving water, having a clean environment, planting trees, recycling, thrifting etc.*
- *This week we will be building on what we did last term, collecting 170 kg of plastic to make a picnic table. Unfortunately the recycling club does not exist this term, but the Rainbow community would still like to build on that goal, so there will be a competition. Whichever house collects the most plastic gets merits and wins!*
- *A few stuff to do during this week:*
  - *Take a field trip.*
  - *Go camping in your backyard.*
  - *Play a nature-themed bingo game.*
  - *Make art out of recyclables.*
  - *Paint flower pots and plant seeds.*
  - *Bake Earth Day-inspired cookies.*
  - *Have a nature scavenger hunt*
  - *Go on a nature walk*
  - *Visit animals in a shelter*
  - *Plan a lake or beach clean up*
  - *Go thrift shopping*
  - *Plan an eco-friendly sale with recycled goods, clothes, seeds and reusable water bottles.*
  - *Make posters that promote an eco-friendly lifestyle or environment.*
  - *Recycle paper*
- *Environmental week is not just about having a clean environment but making sure that we are not wasting resources.*



***“Another man’s trash is another man’s treasure!”***



### ***'Recycle Plastics for a Fantastic Environment'***

Being environment week at RISU, we encourage you all to "Recycle plastic to make our environment fantastic". Since industrial production began in the early 19<sup>th</sup> Century, it is estimated that 8.3 billion tonnes of plastics have been produced. Much of this is still in existence as waste. Over 300 million tonnes of plastic are produced annually and at least 8 million tonnes of plastic enter our aquatic ecosystems. Plastic pollution is now ubiquitous, it is all over the earth, from the heights of Mt. Everest to the depths of the oceans. While plastics provide undisputed benefits including packaging, construction, automotive, medical, electronics as well as cleaning supplies, the ability to safely manage plastic pollution is not keeping pace with projected growth in the plastics market over the coming decades.

Over the past few decades, concern has grown regarding the negative impacts of plastic pollution. Recent studies in the journal science estimate that by 2030 up to 53 million metric tonnes per year will enter the aquatic environment (including fresh and saltwater), and as much as 90 million metric tonnes per year with no improvements in waste management. This has caused great impact on animals that live in terrestrial and freshwater ecosystems, including mammals, birds and fish as shown in some images here.





It is therefore indeed part of our responsibility as the RISU fraternity to come on board to contribute towards saving biodiversity both on land and in water bodies by disposing off plastic waste appropriately. Where possible we should Reduce use of plastics, Reuse plastics and support campaigns to Recycle plastic materials.

Through the RISU administration and the School Leadership Team, the Environmental Committee at RISU has organised litter bins all around the school compass to enable separation of plastic waste from other forms of waste material.

We are all called upon to use these litter bins correctly.



The plastics will then be taken out for recycling to produce valuable and usable products like plastic tables and seats.

Plastic collection-House competitions have also been organised as a means to create more awareness of the need to promote plastic collections and recycling in school.

In addition, by reducing use of plastics, reusing plastics and recycling plastic materials, we all benefit in a number of ways like;

Energy conservation, as less energy will be used in recycling than producing new plastics.

Reduced fossil fuel consumption. Recycling uses significantly less fossil fuels than the amount used when making new plastics.

This will Cut down on carbon emissions as well as other greenhouse gases. This will limit global warming and climate change. Recycling also reduces on air pollution caused by burning plastic waste.

Reduced landfill use. Reducing, reusing and recycling plastics means less plastic waste will end up in landfills and water bodies thereby saving biodiversity.

Reduced demand for raw materials. Recycling means less demand for more raw materials to produce plastics.

These benefits promote a sustainable lifestyle as they create awareness of the dangers of over consumption of plastic materials.

Plastic pollution is a well-known global issue, but now needs to be addressed locally, nationally and regionally. It is clear that a single approach alone will not be sufficient to prevent plastic waste reaching the environment, or to reduce the amount that is already there. Coordinated action and collaboration is therefore essential between local communities, academics, industry, governments and NGOs to tackle the issue from a range of different angles and perspectives through promoting awareness and taking action to Reduce, Reuse and Recycle plastic materials.

**Gideon Zake,**  
**RISU Environmental Committee.**

# 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.

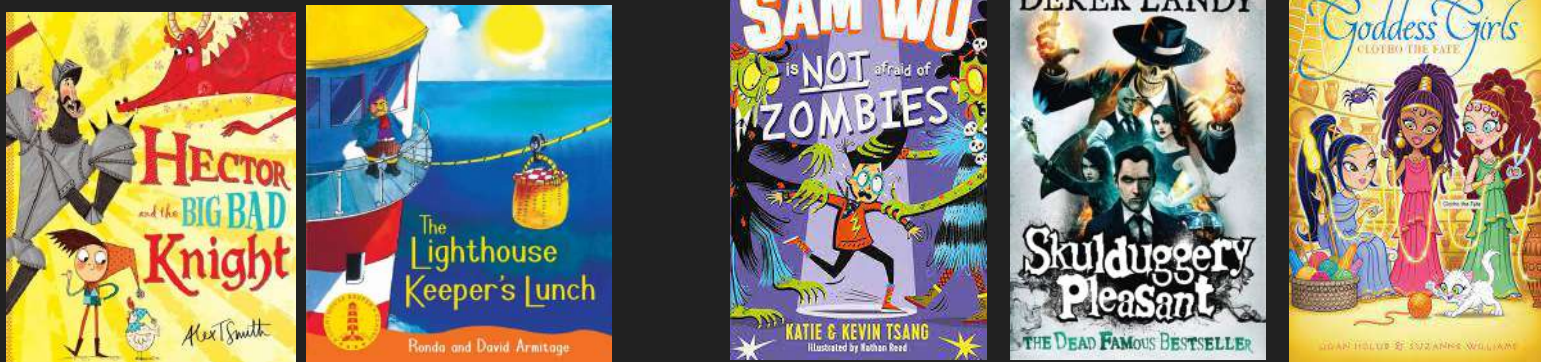
## NEW RELEASES: PRIMARY LIBRARY



Suitable for age 2-7 years

Suitable for age 8-12 years

## TRENDING NOW



## REVIEWS

Twinkle twinkle firefly  
Erica Juan 3JN



This book has a lot of poems. Twinkle twinkle firefly in the dark it's you I spy, find your favorite poem in this book, mine is weather forecast.

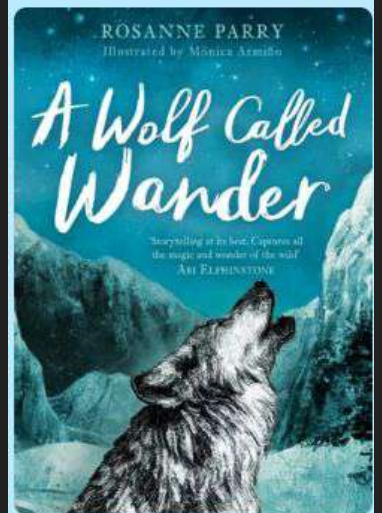
Goddess Girls. series 2  
Artemis the brave-By  
Christellah 5tk



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'

Andaleeb Adiba T4d  
A wolf Called Wonder



This book is about a wolf called swift who is the fastest in his pack. But one day rival wolves appear and make the land there territory And he loses every one.

This book was one of my favorites with twists and turns. I recommend it.





## Ingoma

Here in the Rainbow we added new enrichments to engage the adrenaline of kids .

## The ingoma

example

Esports, badminton, tennis, fun basketball, girls water polo, girls netball and lots more .

Were doing our best to let your kids enjoy this amazing school .

By rainbow  
The ingoma...





# Taylor & Rose



*Secret agents*

## *Parol in Paris*

### **Book Review:**

- *Imagine an amazing spy movie put together in a book. It's 1911 in Paris. a land called Arnovia ruled by a royal family in a castle, A strange teacher/caretaker, a curious princess on a snow mountain, and two young detectives working for the secret service bureau, Sophie Taylor and Lillian Rose who are sent to Paris to camouflage as the niece of a dead professor and a mysterious governess. However, with all their experience of solving mysteries, will they be able to solve the murder? And will Taylor be able to survive and solve the puzzle before international security is threatened and fare without Lillian by her side?*
- *A Spectacular book put together by Katherine woodfine to add suspense, drama, plot twists along with a few diary pages with Alice Grayson. The book is amazing, perfect for those who like murder mystery, action and suspense. I would recommend it for ages 10 or above and rate it 8/10.*

*Available at the secondary library, with 2 more phenomenal books and the sinclair's mysteries is another series to take on incase you want more of Taylor and Rose*



**Report By: Ziana 80A**

## The ESL Trip to the Water Park.



Last term before the Christmas break, the English teacher organized an unforgettable trip to the water park. Early in the morning, we went to the classroom with excitement. In the first class, the teacher played a Christmas song for us, and I felt the strong atmosphere of Christmas approaching. I was looking forward to the arrival of Christmas. After class, we went to the bus, surrounded by our words, and soon arrived at the water park. We looked at the water world and rushed in, but I couldn't swim and it was inconvenient, so I had to take my bag to the nearby chair to rest. My friends changed their clothes one after another, and I was very envious of their waves of laughter and screams of excitement. I wish I could play with them!

Soon it was time for lunch, and I ordered my favourite fried chicken and French fries. I was very happy, and I slowly finished these. I was very tired, and after finishing, we went to the game hall to play. Looking at these game consoles, my friends and I took many photos, leaving behind beautiful memories.

Bella 10



Towards the end of last term, we the ESL students had a trip to the water park. That morning, we gathered in the ESL classroom to get ready for the water park. At 9 am. we got on the bus and started the journey on time. It was not far from school to the water park, it was about 20 minutes' drive. After arriving, we first paid, the staff gave us a bracelet, and then went to change clothes and then began to play. In the beginning, everyone seemed to be a little unable to open up, there was no crazy play but observation. This water park is divided into three areas for children to play and for us the kind of teenagers and adults to play facilities. The most exciting were the red and yellow slides. The red one glides slower than the yellow one, and it has many corners that can be played with by multiple people. Yellow is super-fast and it hits the water before you know it. It's so exciting! The first time I played on it, I lost track of my swimming glasses.

After playing for a while, I began to feel tired and hungry. So I went to change my clothes. Lunch finally arrived at noon. Maybe I was too tired. I thought it was a really good lunch. We enjoyed the dopamine from the chips and fried chicken but the portion was too much for me to finish. Then in the afternoon we went upstairs to play video games, there are all kinds of such like cycling, shooting and so on. As time went by, our one-day trip to the water park was coming to an end. At 2 pm the teacher began to tell us to get on the bus and go back to school. After half an hour, we arrived at school, so we continued to stay in the ESL classroom. As soon as school was over, I went back to the boarding house and went to sleep. It was a very tiring but happy day.

**Doris 9NO**



Dear Rainbow community we have add a new Club for gamers called ESPORTS

Here gamers get into one on one matches against each other. Last week in Mr. Wasikra's room people played one-on-one matches against each other.

In the end some very lucky people were selected to represent our school in gaming competitions. Here are the people: Nigel Y9, Kuol Y9, Ajak Y7, Gael Y7, SamY9, Travis Y9, Dario Y10, Dave Y10 and Mumuba Y9. These lucky people train every Thursday to be the best. The game they will be playing is called  
Fifa 23

We don't only have one room for Esports we have two with Mr. Mugaya in lab 2. The people who didn't get in go there and play games like Fifa 23 and Fortnite and even NBA2K.

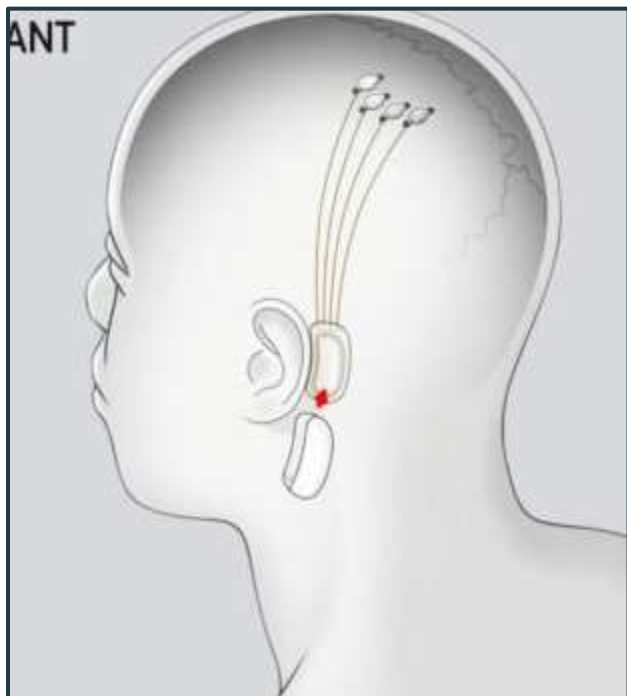
If you are in the club you can perfect your skills there and you may join our lucky 9 boys.

By Alvin Y8





# Technology: Elon Musk Brain Chip



## What exactly is this ?

The Elon Musk Neuralink Brain chip founded in 2016 by Elon. The Neuralink Brain chip is a device that gets surgically implanted into your skull with ultra thin wires in your brain. This brain chip could register brain activity and send it to a device via bluetooth.

## The Testing Stage

January 29th 2024, the first Neuralink brain chip has been implanted into a human. The human has been said to have been recovering well after the implant. Initial results seem to be promising



## What is Neuralink ?

Neuralink.Corp is an American neurotechnology company that is developing brain computer interfaces(BCI). It is located in Fremont, California.





- Ever wondered how the golden tickets got to the wonka bars in the first place? Ever wondered how the extraordinary Oompa Loompas came to the chocolate factory or have you ever wondered how Willy became Wonka, the amazing chocolatier?
- Explore the movie Wonka, how it all started before Charlie. A Brilliant movie portrayed by Timothee Chalamet, Calah Lane and a special guest Rowan Atkinson!

Wonka





Some people said the trip was very educational and informative. The only problem was how it rained the moment we got there. It started drizzling, then we had to go back into the bus to take shelter. When the rain finally stopped we went back and listened to what the weather station staff was teaching but in the middle of his explanation it started to drizzle again so we had to go back in the bus to take shelter. However the drizzle was much heavier and longer so we decided to have lunch.

By the time we finished our lunch the rain stopped. We got out and went to listen to him again this time it was so hot but we persevered through the heat and when he finished it was quite a memorable experience.

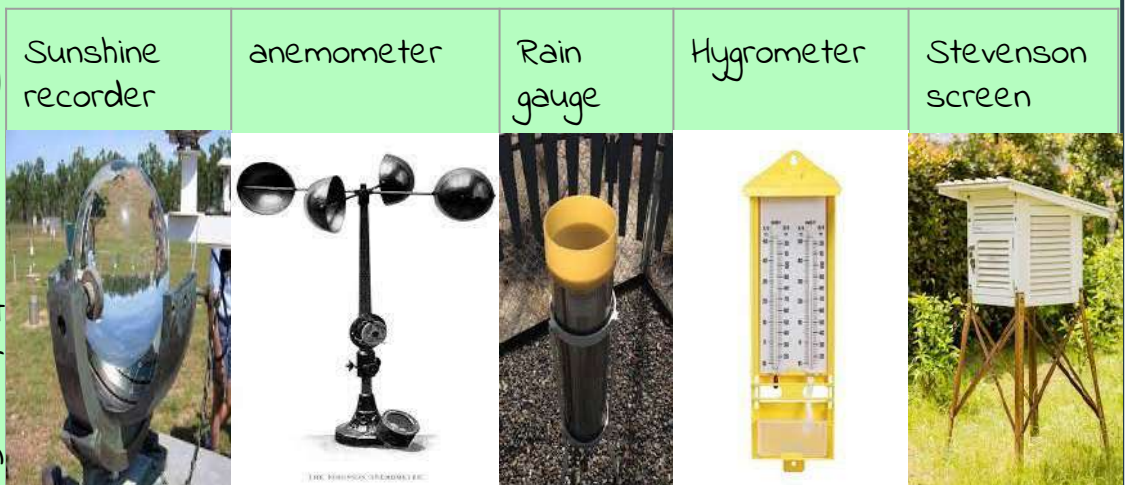
Some of the key points:

- I learned during this experience how to measure precipitation (rain) you measure rain using a rain gauge

Today we are going to be talking about the year 9's trip to the Entebbe weather station. We started off with a short drive to Entebbe airport. We went through the back entrance and arrived at a small yellow building. We all got our clipboards ready and we were supposed to listen to one of the members of the weather station.

He explained and taught us all kind of things, like how to measure wind speed, (you use an anemometer to measure wind speed and the units they use to measure wind speed are metres per second) and how to take readings of a sunshine recorder (a sunshine recorder is a weather instrument used to measure sunshine duration units are in hours).

- Another key point was that you can measure humidity (the amount of water vapour in the air) using a hygrometer
- I also learned that you keep weather instruments in a Stevenson screen





## Holidays on February 9th



**Pizza Day:** For all pizza lovers out there, February 9th is a special day to enjoy your favorite cheesy delight. Pizza Day celebrates this beloved Italian dish that has become a global sensation. Take this opportunity to savor a slice of Pizza and appreciate its flavor.



### **Fact:**

**On February 9th 1997**

**The Simpsons aired its 167th episode, making it the longest running animation in TV history.**

**The episode was called "The Itchy & scratchy & Poochie show" and was episode eight of season fourteen. On this special episode, Poochie was introduced to The Itchy and Scratchy show to try and retain viewers.**

By: Atong 10MA



Who scored the winning penalty to win Argentina the world cup in 2022?

- a) Lionel Messi
- b) Gonzalo Montiel
- c) Pablo Dybala
- d) Leandro Paredes

DID YOU KNOW?



AMERICANS THROW  
AWAY 25 TRILLION  
STYROFOAM CUPS EVERY  
YEAR

How many styrofoam cups do Americans throw away every year?

- A) 25,000
- B) 1,000,000
- C) 25,000,000,000,000
- D) 22,500,000,000,000



Which Country is the most Environmentally Friendly

- A) Denmark
- B) United Kingdom
- C) Finland
- D) Malta