



INGOMA

News with a beat

Dear Ingoma Readers,
As many things have broken out from the School Bake off to the End of Year Exams, I'm proud to present to you the 11th edition of the Ingoma, News with a beat!

As time flies, exams draw near as the students have to hit the books in preparation for the future. Many will stand and we hope none will fail.

Now, enough of the anxiety, we'll get into the principal of the day later on as we dive into the origins of "Labour Day" and a few classroom reviews, this edition will be one to remember.

For any feedback or suggestions please get in touch with the Ingoma team via:

editor.ingoma@risu.sc.ug.

Yours truly,
The Editor, Jay Kamau.



Understand concepts deeply, not just memorize facts
Quiz yourself often for better retention
Condense notes for quick review
Break complex topics into manageable parts.
Use diverse study methods for better understanding



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- The History of Lawn Tennis
- Labour Day: The Origins

Save the date.....

- 10th May - Census Day
- 15th May - Geography trip to Arena Mall
- 16/17th May - Half Term
- 23rd May - Y7-10 Exams begin
- 10-14th June - Y10 work experience
- 20th June - End of School Parties

KAMPALA

April - May 2024

CODING COMPETITION

Hosted by Rainbow International School

Welcome to the Kampala Coding Competition where primary-aged children showcase their coding prowess and imaginative flair through an inter-school coding competition.

In its third edition, this competition invites teams of up to four students from international schools in Kampala to delve into the world of coding using Scratch, a beginner-friendly programming language. With the competition divided into two age categories, Lower Key Stage 2 (ages 7 to 9) and Upper Key Stage 2 (ages 9 to 11), the participants have been tasked with creating an interactive art or music project in LKS2 and a interactive quiz about digital citizenship in UKS2.

The competition began on April 8th, igniting a spark of enthusiasm among budding coders across participating schools. After making a positive start, the teams have approximately three weeks remaining to complete their projects. While teachers offer guidance and support, it's the students themselves who are tasked with bringing their visions to life. Whether it's during computing lessons, as part of home learning, or in after-school clubs, participants are encouraged to embrace their creativity while honing their coding expertise.

But what exactly are the judges looking for?

Successful projects will seamlessly integrate coding concepts such as sequence, repetition, variables and conditional statements. In addition, they will demonstrate creative design through their use of captivating sprites, immersive backdrops and engaging sounds.

The culmination of this coding challenge will take place at Rainbow on May 21st where teams will have the chance to present their projects to fellow schools and competitors. However, it's not just about claiming the coveted trophy for the overall best project; certificates will be awarded in various categories, including creativity, originality, and more, celebrating the diverse talents and innovations of each participating team.





CHECKPOINT EXAMS

On April 18, 2024, Year 9 students participated in the Cambridge Checkpoint Exams, specifically focusing on English as a First or Second Language. These assessments, evaluated by Cambridge experts, play a crucial role in assessing students' language proficiency. Approaching these exams with diligence and dedication is essential to achieve favorable results.



The results will be announced on May 22nd. Good luck on your End of Year exams, and may you achieve excellent results!



BY MALCOLM KISA

Volleyball

A purely rebound sport (you can't hold the ball), volleyball is a game of constant motion. A team can touch the ball three times on its side of the net. The usual pattern is a dig (an underarm pass made with the forearms), a set (an overhead pass made with the hands) and a spike (the overhead attacking shot). Volleyball was invented in 1895 by William G. Morgan in Massachusetts, USA as a non-contact sport for older men. It quickly gained popularity and was introduced to the Olympics in 1964.



Rainbow International School of Uganda (best known as R.I.S.U) is so far making steady progress through the volleyball tournament, with each team having at least 1 win and over 50 points.

Notable players are the following:

- Muna Lotigo
- Alyssa Kigozi
- Paul Mwesigwa
- Gael Mbabazi
- Kirabo Kalule
- And Many others!!

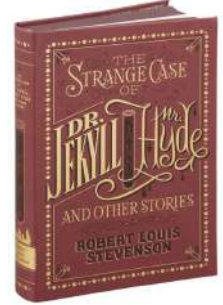
We all wish for the best as the games are coming to an end soon.

By Jay Kamau



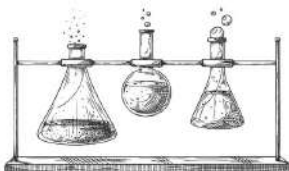


The Strange Case of Dr Jekyll And Mr Hyde



- *You see that door... I know a story about that door."* Mr Enfield said.
- *"... His name was Edward Hyde.."*

- *Mr. Utterson and Mr. Enfield are on their usual Sunday night stroll when they come across a building that Mr. Enfield happened to know a story about. He told Utterson about a man who trampled over a young girl and just kept running, however there was something peculiar about him when Mr. Enfield caught up with him...*
- *His twisted grin, his eyes, something was off about him.*
- *"his name... his name was Edward Hyde"*
- *"Mr. Hyde," repeated Mr. Utterson. "Does the name mean anything to you?" Mr Enfield asked. "no, it means nothing to me." Utterson lied. The name haunted Mr. Utterson as well but for a completely different reason. The will Dr Jekyll wrote had the ghastly name in it, stating that in case he vanished or died all his belongings were to be given to Edward Hyde. Mr Utterson and Dr. Jekyll were old friends, therefore Mr. Utterson, being a lawyer, was trusted to take care of the doctor's will. He had always questioned himself about who Mr. Hyde was, it was a matter of time he found out however, as he went to Doctor Jekyll's house for a visit in the morning he had gotten a response saying "you have to help me Utterson, if not as a lawyer as a friend. My fortune will go to Mr. Hyde as stated on the will." Mr. Utterson let it be. Dr. Jekyll was a friend, he had nothing to worry about, right? He had never been more wrong in his life...*
- *A few days later a policeman would knock on the Lawyer's door and Mr. Utterson would soon figure out who Edward Hyde really was.*
- *It was an enjoyable book with a great mystery and plot twist. I would definitely recommend the book to people who like murder mystery or reading horror novels. Definitely a 9/10!*



Our Experiences in 4SK

My name is Carmen and I'm in year 4 it has bin the best class I have been in so far we have done pretty hard things but there still fun and exciting. I liked the way the teachers taught us as well.



My experience in yr 4
My name is Lily. My experience in yr 4 has been great. My favourite experience has been the trips going to other places and schools to learn in a fun way.



My Experience in yr. 4 was very NICE, we did many stuff that was awesome like the Music festival, chocolate factory, and this is like my favorite YEAR group so far.
by I.S. Kiki

My name is Just I want to be a football player and I want to make everyone happy. I enjoy 4SK. I wish I could stay a little longer.



My name is Najisa. And My experience in yr 4 was great I had the best teachers and the best trips and friends.



My name is Praveen. My experience in year 4 was awesome. Because we went on adventures trips we had fun games which helped us learning.



My experience in year 4 was fun because of the trips and because of the fun activities. My experience in year 4 was going to morobe chocolate factory and paint shop & mable forest.



Year 4 has been the most exciting and fun year ever! We have been going on the best trips, learning the best topics, and everything is smooth and fun, thanks to our excellent teachers! All the homework has been great and it makes me sad just thinking about leaving Year 4SK!
Alba



My name is Ruby. My experience in 4SK is good. My trips



My name is Anais and my experience in Year 4 is that it is fun and lively in the classroom. Everyone is nice and friendly!



Hi, My name is Chloe. My experience in 4SK is awesome! I enjoyed the trips we went to especially the moon bean chocolate factory, because we got to make our own chocolate bar and march on eat. I also enjoyed doing class display.



In year 4 I loved how the way they learned the positive answers they give and the way the teacher teaches. Thank you by Aachi.



My name is David. I had so much fun in yr 4 with all my friends and teachers on trips and fun going in. It inspired me to be a doctor when I grow up.
My Name is David

I like year 4 because of the trips and the topics, the teachers are very kind to us. The classroom looks good to. And so, I'll miss year 4.



My career in 4SK has been the best. When I grow up will be a teacher. My favourite subject is geography because I can label places on a map. And my favourite trip was the music festival and chocolate factory round trip and our trip to the Mable forest.



My name is Chloe and I love 4SK is a lovely class and what they teach us is the best in PSHE we are learning growing and changing. I love that because it makes me laugh and I love to see my friends. Vanishing
Rainbow

House Bake-Off



On Friday, April 26th, 2024, the Rainbow community buzzed with excitement as four houses competed for the title of Fiber Bake-Off Champion. The competition, aimed at celebrating the nutritional value of fiber-rich foods, showcased the creativity and skill of students as they baked muffins and cookies infused with wholesome ingredients.

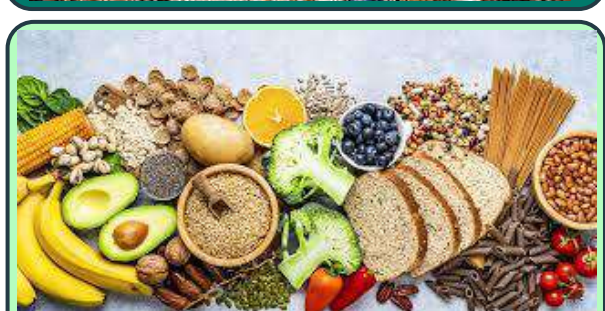
The stage was set, the ovens preheated, and the aroma of freshly baked treats filled the air as Ssesse House emerged victorious with a remarkable score of 91.32. In a closely contested battle for second place, Kyoga House claimed the runner-up position with an impressive score of 90.48. Not to be outdone, Impala House showcased their culinary skills with a commendable score of 86.12, securing a respectable third place finish. Rounding out the competition with a score of 84.86 was Rwenzori House, whose dedication to the art of baking shone through in every bite.

Cheers to Mathias, Soad, Ndioowe, Alicia, Andrey, Anabelle, Carla, and Maria for their participation in the Competition! Each of you showcased your culinary talents and creativity, contributing to the success of the event and making it a memorable experience for all involved.

A heartfelt thank you to our judges, Mrs. Tshibangu Charlotte and Mr. Mugaya Daudi, for their invaluable contributions to the Competition.

Congratulations to Ssesse House for their outstanding achievement and to all the participants for their creativity, passion, and dedication to the art of baking. Until the next bake-off adventure, may we continue to savor the joys of wholesome, fiber-rich cuisine.





Unlocking the Power of Dietary Fibre

In recent years, the spotlight on dietary fiber has intensified, with health experts emphasizing its important role in promoting overall well-being. From aiding digestion to reducing the risk of chronic diseases, the benefits of incorporating fiber-rich foods into our diets are numerous. Let's delve into the latest health statistics, explore the diverse uses of dietary fiber, and uncover the abundance of foods packed with this essential nutrient.

Uses of Fibre in your body

Cardiovascular Health: Studies reveal that a high-fiber diet correlates with a reduced risk of cardiovascular diseases, including heart attacks and strokes. Research suggests that soluble fiber helps lower LDL cholesterol levels, thus safeguarding heart health.

Digestive Wellness: Fiber acts as nature's broom, promoting regular bowel movements and preventing constipation. Additionally, it can alleviate symptoms of irritable bowel syndrome (IBS) by regulating bowel function.

Weight Management: Fiber-rich foods tend to be more filling, promoting satiety and aiding weight management efforts. Individuals consuming diets high in fiber are less likely to overeat, thus supporting healthy weight maintenance.

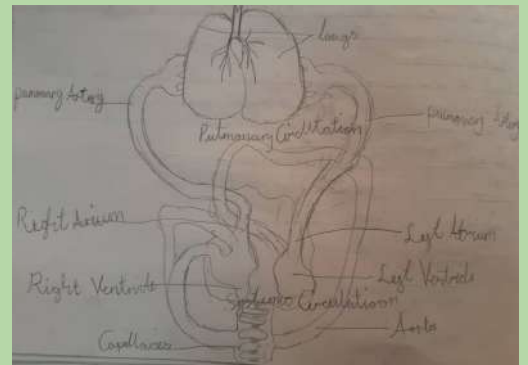
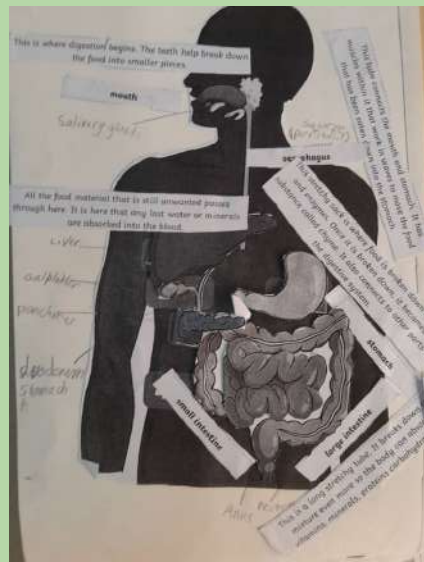
Blood Sugar Control: For individuals with diabetes or those at risk of developing the condition, fiber plays a crucial role in managing blood sugar levels. It slows down the absorption of sugar, preventing rapid spikes in blood glucose after meals.

Cancer Prevention: Some studies suggest that fiber-rich diets may lower the risk of certain cancers, particularly colorectal cancer. The mechanism behind this protective effect is thought to involve the removal of carcinogens from the digestive tract and the promotion of healthy gut bacteria. Fiber adds bulk to stool, which can help prevent conditions such as diverticulosis and hemorrhoids.

Additionally, it speeds up the transit time of waste through the colon, reducing the exposure of the colon lining to potentially harmful substances.

5CB

In 5CB this term, we have been learning all about the human body. We have learnt the names and functions of the heart, lungs, stomach and parts of the digestive system as well as looking at how to keep them healthy.



We made a model of the digestive system using weetabix, socks and cups!



We used equipment to measure our lung capacity.

We also watched the dissection of a heart.

MOVIE REVIEW

By Charlene

KUNG FU PANDA



Kung Fu Panda is an American martial arts comedy media franchise that originally started in 2008 with the release of the animated film of the same name produced by DreamWorks Animation. The Kung Fu Panda movies focus on moving away from the tradition of Confucianism and moving towards the Daoism ideas of doing what feels natural. Po was prophesied by Oogway as the Dragon Warrior, and despite failing many times, he has always come out stronger, and better for it. Po proved to everyone, even himself, that he is a great hero and the strongest Kung Fu Panda character. I recommend that you watch this movie because it's really stimulating and the adventures are just so magnificent and overwhelmingly good.

Before "the lion king mufasa" there was the lion king which was Simba's journey was a philosophical message about balance and harmony in the natural world.



Simba's transformation is a powerful reminder of the importance of accepting responsibility and embracing one's true identity.

I recommend you watch "The Lion King" before you watch "The Lion King Mufasa" because the Mufasa version is a continuation of the Lion King and because its a real interesting movie about wildlife and has a really sad ending to it but either way its outstanding than the rest of the movies that I've seen.

INSIDE OUT 2

In Inside Out 2, Riley turns 13 and Headquarters undergoes a sudden demolition to make room for new emotions, something Joy, Sadness, Anger, Fear, and Disgust weren't prepared for. The first new emotion they meet is Anxiety, who carries a lot of emotional baggage — literally. I recommend you watch this movie because it talks about the mental health in our everyday and it's a really adventurous and sad movie but in some of the scenes they can be fun times.





Enrichment

Divine - Year 7

Enrichment is like adding sprinkles to an ice cream cone; it makes everything better. It's about diving deeper into what we love, whether it's through extra classes, hobbies, or experiences. Enrichment isn't just about learning; it's about growing, exploring, and finding joy in the process. It's the secret ingredient that turns everyday moments into something extraordinary.

This term, we've spiced up our offerings with some awesome new activities! Now, you can groove to the beats with Zumba or shake it up with Afro dance. Plus, there are makeup workshops for those glam enthusiasts. It's all about adding extra flavor to our school experience, giving everyone a chance to try something new and exciting. Whether you're into fitness, dance, or makeup for special effects, there's something for everyone to dive into and have a blast. So come on, join the fun, and let's make this term one to remember!



Principal for a day

Lilia felt awesome being principal for a day, enjoying all the freedom and power. Everyone had a blast with no strict rules, even getting to eat chips and sandwiches for lunch. It was all smiles and laughter as Lilia led the fun, feeling super happy and proud. This day was one to remember forever! Not all her ideas happened, but seeing her friends happy with the chill rules made her feel good inside.

Lilia was super excited to be the boss for a day. Every choice she made made her feel strong and important. Seeing her friends happy with the relaxed rules made her heart warm. They all felt free together. She felt proud making things fun, even if only for a day. It was a special memory she'd always treasure, a time when she led and everyone felt like a team at school.

**I asked some students about how it was for them and if they were principal what would they do different
This is what some people said:**

Mich year 10 :I would make students put on ties on their uniform

Jay Year 8;Longer lunch and access to the labs

Malcom Year 9: I would change the lunch and allow sports at lunchtime

Divine - Year 7



The history of Lawn Tennis

Tennis is a racket sport played by two or more players. Each player uses a tennis racket that is strung with a ball over a net. Most people have played tennis in the world. Now, tennis has improved for pitbull since tennis started in the middle century.



A lawn court in the US 1887.

Serena Williams is the most famous tennis player in the world. She has won the most trophies in the world.

By Mich Acon, 10KM





LABOUR DAY

Labour day is a day of achievement for all the workers around the world which is celebrated on May 1. The first labour day was first celebrated in 1894 and now it is celebrated over 60 countries all over the world.

Before Labor Day became a federal holiday, it was observed by labor organizers and state governments. In 1887, Oregon became the first state to enact legislation honoring Labor Day.

The Paterson Morning Call gave an opinion about President Cleveland's signing the legislation establishing a national Labor Day, in which it was stated should go to Alderman Matthew Maguire of this city, who is the undisputed author of Labor Day as a holiday," Historical Society. That year, Maguire and McGuire went to New York City's inaugural Labor Day parade.



BY:DARSHI 9KO