



# INGOMA

News with a beat

Dear Ingoma Readers

As we draw the curtain on another remarkable academic year, we are filled with pride and gratitude for the things we have achieved as a school community. This year has been a testament to our collective spirit, with students excelling in academics, sports, arts, and community service, all while navigating the challenges that came our way. Each achievement, whether big or small, reflects the hard work, dedication, and perseverance that are the hallmarks of our school. From innovative projects and outstanding performances to the heartwarming acts of kindness and leadership, every contribution has made this year truly unforgettable.

We extend our heartfelt thanks to our dedicated staff, whose unwavering commitment to excellence has guided our students towards success. To the parents and guardians, your support has been invaluable. To those graduating or moving on to new schools, both students and staff, we wish you all the best in your future endeavors. Your time here has left a lasting impact.

As we look forward to a well-deserved summer break, let us take this time to reflect on the lessons learned from the past year and recharge for the year ahead. Stay safe, enjoy your time with family and friends, and come back rejuvenated. Thank you for being a part of our incredible journey.

Have a fantastic summer!

The Editor.



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## Save the Date!

**27/08/24: new academic year starts**



We are delighted to receive the **Times Educational Supplement** award for **Specialist Provision Provider** of the Year 2024.

Rainbow International School Uganda has always had an inclusive reputation. We work hard to maintain this distinction in the city of Kampala and throughout the East Africa region. Currently, our SEND department is going from strength to strength as Uganda's social society becomes increasingly aligned with international norms.

In January we were informed that RISU was **shortlisted** for this award along with five other schools from across the globe. These included international schools in Italy, Indian and the UAE.

This award was a team effort . No one person is an expert, however our strength is working collaboratively with teachers and other stakeholders. We understand that having a child with special needs can have great emotional as well as financial strain on families .

Our SEND staff and Senior Leadership Team are acutely aware of all of these challenges. We place much emphasis on parental engagement through various means, including regular communication, parent-teacher conferences, and home diaries. Making it easy for parents to stay informed and have a voice in their child's progress.

Our vision is to make Rainbow International School Uganda the best inclusive institution in the region and promote functional independence for all our students. We also want to share knowledge with other practitioners in the region, working collaboratively to improve the lives of the young people we work with.

**Kudos to Rainbow and the Learning Support Team for this International recognition!**

### Panel of Judges

The panel of judges included The CEO of COBIS, the Director General of the International Baccalaureate (IB), the CEO of FOBISIA (Federation of British International Schools in Asia) and five International School Head teachers.

In our application we outlined that there is still a stigma associated with disability in Ugandan society, leading to discrimination against special needs children. Many communities may lack awareness about their child's learning challenges. This lack of understanding can contribute to the isolation and marginalization of children with such conditions.

### Winners

The judges recognized the work we are doing in addressing these issues and still providing high quality education for our students with learning challenges. In late April we were announced winners of this award. The only school on the African continent to win any TES award this year.



# Farewell to the Year 13 Class of 2024



It is with a mix of pride and nostalgia that I write this farewell article for the Year 13 class of 2024. This cohort, filled with vibrant personalities: and remarkable talents, is now ready to embark on the next chapter of their lives, stepping into the world of higher education and beyond.

Over the past two years, I have had the privilege of witnessing the tremendous growth and evolution of each one of you. From the eager faces that entered our Sixth Form, full of anticipation and a bit of nervousness, to the confident and accomplished individuals you have become today, the journey has been nothing short of extraordinary.



## Academic Excellence and Achievements

While studying may not have been a bed of roses for some of you and you have almost nearly given up sometimes, I am proud of most of you whose dedication to homework, work, your innovative projects, and your insightful contributions to class discussions have set a high standard for future students.

Many of you have received offers from prestigious universities, reflecting the hard work and commitment you have invested in your education. Whether you are pursuing degrees in the sciences, humanities, arts, or vocational studies, I have no doubt that you will continue to excel and make significant contributions to your chosen fields.

## Personal Growth and Lifelong Friendships

Throughout your time in A level, you have grown as a person. The friendships you have forged here, the challenges you have overcome, and the values you have upheld will stay with you as you navigate the future. We have together learnt that education is not just about acquiring knowledge but it is also about building character and fostering relationships.

As you prepare to leave the familiar halls of our school, take with you the lessons learned and the memories made. Embrace the new opportunities that university life will offer. There will be challenges ahead, but I am confident that you have the strength, intelligence, and heart to overcome them and thrive.

## Beyond the Classroom

But your journey here has not been solely defined by academic success. You have enriched our school community with your involvement in various extracurricular activities. From sports teams to drama productions, from debate clubs to community service projects, your enthusiasm and leadership have left an indelible mark.

I recall the numerous events where your talents shone brightly—musical performances that moved us, athletic feats that inspired us. I remember you on the basketball court, on the football pitch, on the volleyball pitch, in the swimming pool.

I remember the house captains organising their teams, I remember the days of the ISSAK competitions and the honorable mentions of your names during the debating seasons. These experiences have not only enriched your own lives but have also brought joy and inspiration to those around you.

## A Final Word

As you step into this new chapter, know that you carry with you the best wishes of all your teachers and the entire school community. We believe in your potential to achieve greatness and to make a positive impact on the world. Stay curious, stay compassionate, and always strive for excellence.

It has been an honor to be a part of your journey. Congratulations, Year 13, and farewell. May your future be as bright and promising as your time here has been memorable.



With heartfelt gratitude and best wishes - Ms. Donah



**RAINBOW**  
INTERNATIONAL SCHOOL UGANDA



**Holiday**

**LIBRARY READING  
CHALLENGE**



**Our amazing librarians are running a holiday reading challenge to keep children reading and allow access to books during the long holidays.**

**Pop into the primary or secondary libraries during admin opening hours and borrow up to 2 books at a time.**

**Return them and ask the librarian to stamp your passport for a chance to win great prizes.**

**ADVENTURE BEGINS AT YOUR LIBRARY.**



JOIN OUR EPIC READING CHALLENGE!

SUMMER READING FUN!

Hey bookworms! Ready for an epic adventure? The Secondary Library's "A Universe of Adventure" Summer Reading Challenge is here, and it's lit! Dive into mind-blowing sci-fi, magical fantasy, and adventure books. Sign up at summer camp, snag your reading log, and get started! Rack up points for your reads and grab cool prizes. Check out the library for deets. Let's make this the coolest summer ever!



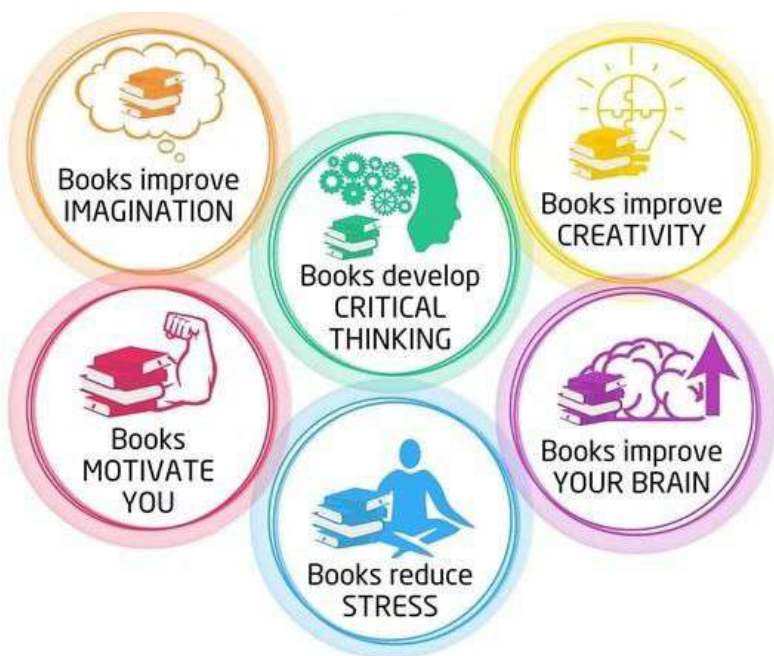
READER OF THE TERM!

Get ready for an awesome year with the Secondary Library's "Reader of the Term" program! This will be rolled out in term 1 of the next academic year giving you an exciting opportunity to read amazing books, write quick reviews on special bookmarks, and you could win a cool Aristic Bookshop voucher.

Borrow a reader from the library, jot down your thoughts, and return the bookmark to win big! Boost your reading skills, discover new favorites, win great prizes and have your photo on the wall of fame.

Visit the library for more info. Let's make this year epic with amazing reads and reviews.

## Benefits of reading



Happy Reading!



## **Olympics Opening Ceremony - 4th June 2024**

Primary kicked off their IPC learning about The Olympics in style with a fabulous opening ceremony on Tuesday 4th June. The ceremony started off in the basketball court with an Olympic themed house quiz which was lots of fun, especially when the house leaders acted out different sports for the children to guess. This was followed by a jaw-dropping break dance demonstration by the break dance enrichment children and teachers, and a rousing rendition of our Olympic song 'Olympia'. The action then moved down to the big field where all the children in Primary, from Nursery up to Year 6, took part in house relay races to see which house could pass the Olympic torch around from person to person the fastest. Well done to the quiz winners, Ssese, and torch relay winners, Rwenzori!

By Ms Sarah





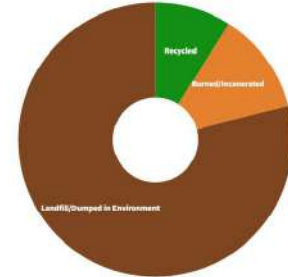
Plastic pollution has devastating effects on our planet. It contaminates oceans, harms wildlife, and disrupts ecosystems. Marine animals often ingest plastic debris, mistaking it for food, which can lead to injury or death. Plastics also release harmful chemicals as they break down, polluting soil and water and entering the food chain, potentially impacting human health.



Water channel along Northern Bypass, Kampala

Reducing single-use plastics is crucial; opting for reusable bags, bottles, and containers can significantly cut down plastic waste. Plastic recycling is essential, yet only 9% of all plastic is recycled globally each year.

**How plastic packaging is disposed of in Uganda**  
Approximately 79% is dumped into the landfills or on the environment, 12% has been incinerated while only 9% is said to have been recycled.



It takes 450 years for a plastic bottle to degrade in a landfill. Unfortunately, the bottle doesn't break down completely but instead photo-degrade, becoming micro plastics that absorb toxins and continue to pollute the environment.

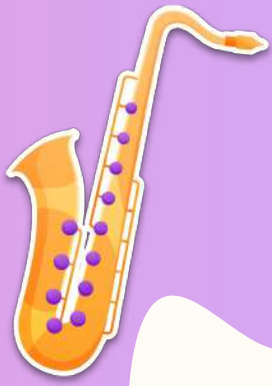
## HOW TO REDUCE PLASTIC WASTE



At RISU, we gathered enough plastic waste to construct a picnic table entirely from recycled plastic. In our recent house competition, we collectively gathered 92.3 kg of plastic waste.



Rwenzori	26.6 kg
Kyoga	24.8 kg
Impala	22.2 kg
Ssese	18.7 kg



# The magic of making MUSIC together

Playing music together, also referred to as Ensemble, holds tremendous power for children, offering a wealth of benefits that contribute to their holistic development.

## **Cognitive growth:**

Playing music in an ensemble requires children to focus, memorize, and coordinate their actions with others. The act of synchronizing with a group enhances auditory skills and motor coordination, which in turn can improve overall academic performance. Learning to play an instrument and reading music also reinforces mathematical concepts and pattern recognition, further boosting cognitive abilities.

## **Emotional growth:**

Group music-making allows children to convey emotions and tell stories through their instruments, helping them process feelings they might find difficult to articulate verbally, which can build self-esteem and confidence, as children see their individual contributions valued and integral to the group's success.

## **Social growth:**

Playing music in a group teaches children the value of teamwork, active listening, and communication. As they work together to create harmonious music, they learn to cooperate and support one another, building empathy and mutual respect to help forge strong bonds and create a sense of community, which is vital for their social development.







# Refined Carbs and your Health



Carbohydrates, or simply carbs, is a name given to foods consisting of or containing a lot of sugars, starch, cellulose, or similar substances that can be broken down to release energy in the human body. They make up one of the main nutritional food groups. Examples of carbohydrates include rice, beans, corn, oats, wheat, bread, pasta and grains generally.

## WHAT ARE REFINED CARBOHYDRATES?

*"Refined carbohydrates can cause insulin resistance..."*

Refined carbohydrates are a type of carbohydrates that have been processed to remove many of its fiber and natural nutrients. Examples include cookies, cakes and refined sugar.

## HEALTH RISKS OF REFINED CARBOHYDRATES

**Increased risk of chronic diseases:** Consuming high amounts of refined carbohydrates has been linked to an increased risk of chronic diseases, such as heart disease, type 2 diabetes, and certain cancers.

**Insulin resistance:** Refined carbohydrates can cause insulin resistance, which can lead to prediabetes and type 2 diabetes.

**Blood sugar spikes:** Refined carbohydrates are quickly digested and absorbed, causing a rapid spike in blood sugar levels. This can lead to energy crashes and mood swings.

**Inflammation:** Refined carbohydrates can cause inflammation in the body, which can contribute to chronic diseases.

**Weight gain:** Consuming high amounts of refined carbohydrates can lead to weight gain and obesity.



By Nike and Michelle -Year 9



# Exercise for Healthy Living

*"Research has repeatedly proved that regular exercise is associated with longevity."*



Regular physical activity can improve your muscle strength and boost your endurance. Exercise sends oxygen and nutrients to your tissues and helps your cardiovascular (cardio) and blood vessels (vascular), system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores. Exercise is known to improve moods and reduce anxiety as well as depression. It stimulates endorphins which are organic mood lifters. Research has repeatedly proved that regular exercise is associated with longevity. It can help prevent or slow down the onset of certain age-related conditions.

## WHY PEOPLE OF ALL AGES SHOULD EXERCISE

Research has repeatedly proven that regular exercise is associated with longevity. It helps prevent and manage non-communicable diseases (NCD) such as heart disease, stroke, diabetes and several cancers. It also helps prevent and manage non-communicable diseases (NCD) such as heart disease, stroke, diabetes and several cancers. It also helps prevent hypertension, maintain healthy body weight and can improve mental health, quality of life and well-being.



## HOW LONG/HOW OFTEN SHOULD ONE EXERCISE

This will depend on your age, state of health and how the rigor of the activities. It is always a good idea to talk to your doctor before embarking on an exercise regime.

Press ctrl and left click to watch this [video](#)



*By Matthias and Oliver -Year 9*



# “Vegetable” Oils and Your Health

It might be surprising to know that the so called “vegetable” oils don’t actually contain any vegetables! Instead of describing what is in the oil, the use of the name is primarily to differentiate it from lard or animal-based oils. “Vegetable” oil is any oil that is derived from plants or seeds.



## HEALTH RISKS OF VEGETABLE OILS

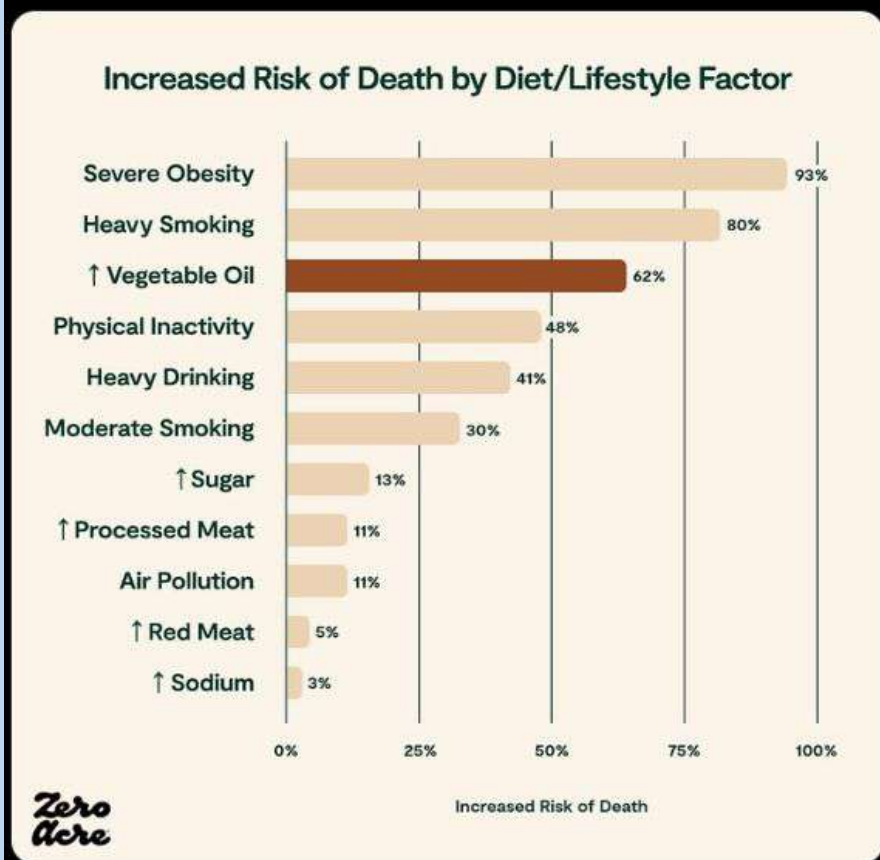
These oils are inflammatory to the body and as such pose many health risks including heart disease, type 2 diabetes, arthritis, hypertension and stroke to mention, but a few.

*“In short, you have a very high level of fragile fatty acids that can easily be degraded to form harmful compounds called free radicals ...”*

## WHY ARE “VEGETABLE” OILS SO BAD?

Vegetable oils are rich in polyunsaturated fats that are not meant to be consumed because they cause cell mutation. The problem with these fats is that they are susceptible to oxidation. They react with oxygen in the atmosphere and start deteriorating. The fat isn’t only stored as fat tissue or burned for energy, it’s also taken into cell membranes so if you have a lot of polyunsaturated fatty acids in your body, your cell membranes are more sensitive to oxidation. In short, you have a very high level of fragile fatty acids that can easily be degraded to form harmful compounds called free radicals which can cause cell damage leading to chronic diseases such as cancer and diabetes.

Said another way, seed oils increase your risk of death more than heavy drinking or moderate smoking:



### BAD FAT

- Canola / Vegetable Oil
- Sunflower (Seed) Oil
- Safflower Oil
- Palm Oil
- Rice Bran Oil
- Cottonseed Oil
- Linseed Oil
- Corn Oil
- Sesame Oil
- Rapeseed Oil
- Grapeseed Oil
- Peanut Oil
- Soybean Oil

### GOOD FAT

- Butter
- Ghee
- Tallow
- Lard
- Avocado Oil (100%)
- Coconut Oil
- Extra Virgin Olive Oil



# Health Risks Lurking in Perfume

Perfume is a mixture of fragrant essential oils or aroma compounds, fixatives and solvents, usually in liquid form, used to give the human body, animals, food, objects, and living-spaces an agreeable scent. However, not all scents are created equally. Just because a product smells good, doesn't mean it really is good for you.



*"Of particular concern are endocrine disruptors which mimic human hormones and lead to abnormal cell reproduction."*

**SYNTHETIC FRAGRANCES**

Fragrances are one of the top five allergens in the world. Allergic reactions can reach from headaches and migraines to skin irritation and difficulty breathing. Scent mixtures also trigger contact dermatitis, which is a type of allergic skin reaction, and experts say they have an average of fourteen chemicals in seventeen known brands, hidden as "fragrance". Synthetic fragrances are much simpler and cheaper to produce than essential oils because they're made up of chemicals rather than natural substances. Of the 3000 chemicals used to create a fragrance, more than 1200 have been flagged as "chemicals of concern" and seven are known to be cancer causing agents and fifteen are prohibited from the use in cosmetics in the EU. Of particular concern are endocrine disruptors which mimic human hormones and lead to abnormal cell reproduction. These can have an effect in the tiniest of doses.

**PATHWAYS INTO THE BODY**

There are three main pathways into the body for components of synthetic fragrances. These are through the skin, ingestion and inhalation.

**SYNTHETICS**

- MAN MADE
- AROMAS NOT OF NATURAL ORIGIN
- AFFORDABLE
- HIGH SCENT PERFORMANCE
- SUSTAINABLE

**NATURALS**

- INGREDIENTS ONLY FROM A NATURAL ORIGIN
- ESSENTIAL OILS
- EXPENSIVE
- HIGH ENVIRONMENTAL COST





## AUTHOR VISIT IN PRIMARY

We hosted authors Catherine Kreutter and Sarita Alam in the primary library, who did a remarkable job telling stories to children and encouraging them to also become writers. It was a good experience for children listening to stories being told by the authors, chatted and asked all burning questions. It was so inspiring to hear as they narrated their journey and experience in writing children's books, and what inspired them to start writing. They talked to children about how to write, illustrate and publish a book and whatever is involved in the whole process. It was great spending a day with Catherine and Sarita. Children, parents and teachers got a chance of buying signed copies from the authors.



Catherine Kruetter is a former Librarian and she has written a number of books like, The Rock and Roll Rolex, I know an Old Mzee who swallowed a Fly, Amina's Choice, Tendo's Wish, Something Old Something New. Blimpo the Hippo is the first book and so far the only one written by Sarita Alam.

*By Ms. Catherine (Librarian)*



## Metroplex, Naalya and JohnRich Supermarket, Kabalagala.



One of the fun activities in Geography is student engagement in field study trips. Here students get to interact with people outside school as well as the physical environment. As one of the IGCSE Geography Cambridge requirements, the Year 10 Geography students had an opportunity to do a field survey, and this time on shopping habits of the people who visit Metroplex and John Rich shopping centres. This happened on 15<sup>th</sup> may 2024.

The investigation aimed to compare the sphere of influence and type of goods and services offered by Metroplex an out of town shopping centre in Naalya – Wakiso district and Johnrich supermarket in Kabalagala nearer to the Central Business District in Kampala

*For their study, the students had two hypotheses;*

**Hypothesis 1:** Metroplex has a larger sphere of influence than John Rich supermarket.

**Hypothesis 2:** Metroplex offers more, higher order goods and services than John Rich supermarket.

To collect their data, students worked in pairs and used a variety of methods including; Questionnaires, Interviews, Tallying and observation.



To the students, the survey was indeed enriching as they engaged directly with shoppers about how far they move to access the shopping centres, the means of transport used, the types of services and goods purchased and how often they visit these shopping centres.

Students also had an opportunity to interview managers of both Metroplex and John Rich supermarket to obtain the background information of these shopping areas.

A survey around the shopping centres was also done to observe and list down the types of goods and services provided by each shopping centre.

After the field survey, students had a session to collate all the data collected into tables of results. The data was studied and presented using graphs.

Finally an analysis was done to test whether the two hypotheses were True or False.

A conclusion was then drawn regarding the hypotheses.



Observation in due course.



Interview session with the manager - Carrefour

All in all the survey was fun and educative at the same time as it equipped students with knowledge on a variety of field skills including; observation, tallying, interviewing as well as carrying out questionnaires.

Students worked tirelessly to investigate the set aim, and to test the hypotheses of the study.

**Quiz:** Given the data shown in the tables below, do you think **Hypothesis 1:** "Metroplex has a larger sphere of influence than Johnrich supermarket." is True or False? Support your answer with data/statistics. **Geography Department.**



Questionnaire session with shoppers.

Results from the Questionnaire showing distance travelled by shoppers to Metroplex shopping Centre and Johnrich supermarket.

Distance travelled (km)	Metroplex shopping Centre	John rich supermarket
0-0.5	7	9
0.6-0.9	7	2
1-4	9	3
5-9	1	1
10+	-	1
<b>Total</b>	<b>24</b>	<b>16</b>

Results from the Questionnaire showing means of transport used by shoppers to Metroplex shopping Centre and Johnrich supermarket.

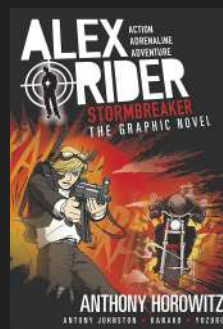
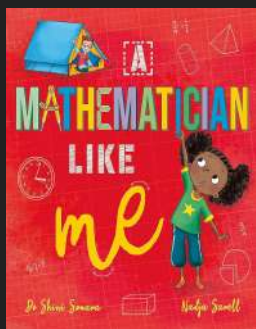
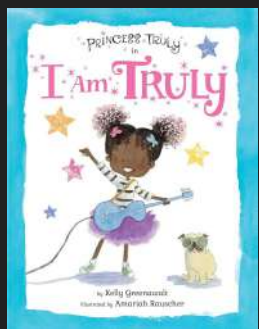
Means of Transport used.	Metroplex shopping Centre.	Johnrich supermarket.
On foot	5	7
Car	15	8
Bus	1	0
Motorcycle	6	3
Bicycle	6	1
Taxi	0	0
<b>Total</b>	<b>33</b>	<b>19</b>



# 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.

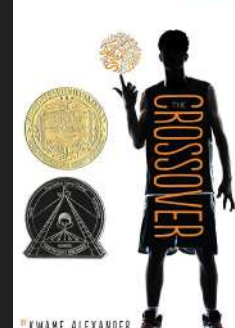
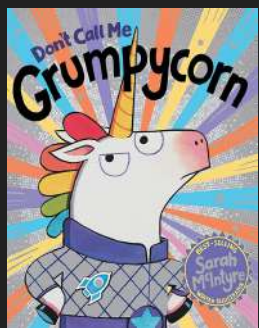
## NEW RELEASES: PRIMARY LIBRARY



Suitable for age 2-7 years

Suitable for age 8-12 years

## TRENDING NOW



## REVIEWS

**Blimpo the hippo** Erica Juan 3JN

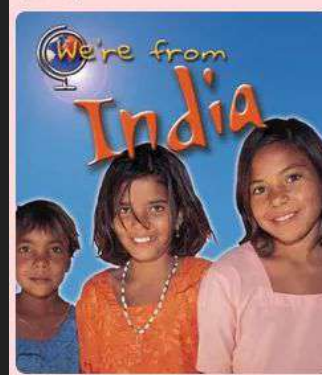


mahiribooks.com

Blimpo The Hippo by Sarita Alam (Illustrated by Levi Allio Toko)

This book is about a hippo named Blimpo, Blimpo and her family were going to the safari, they saw many majestic animals like Hippos, Elephants, Crocodiles and more. Blimpo and her family had a good time I hope you did too. I recommend this book to everyone.

**We're from India :**  
Reviewed by Garvit Anand (3JN)



I would like everyone to read about my country (India).

This book is about India, which has a very rich culture and also has a very huge population. The capital city of India is New Dehli. India is divided into different regions and every region has different culture and tradition. India has many languages to speak and festivals to celebrate.

One of the seven wonders of the world, Taj Mahal is in India. Kindly read this book to know more about my country.

**Mr Skip; reviewed by Mrs Wandawa**



Mr Skip - Michael Morpurgo

A routine search in the neighbourhood skip (rubbish cart) produces a battered old garden gnome which Jackie cleans up and fixes as a birthday present for Mum. Jackie could have sworn the gnome smiled at her and even chuckled when she named him Mr Skip and promised to save him! But that was just the beginning of his magical powers! Could it be that Mr Skip can make Jackie's dreams come true? Even her dream of a beautiful country house for her mum and the fastest racing horse for herself? Can Mr Skip use her lazy, old donkey to bring her fame? ... This book reads REALLY fast!

**Lightning girl by Alesha Dixon, reviewed by Shanaya Jain 5TK**



This book is about a 10 to 11 year old girl called Aurora who realizes she has super powers. Her mum was also a secret superhero who fought against crimes in the city and her dad took care of Aurora and her siblings. One day, Aurora's little sister was getting bullied in the playground and all of the sudden beams of light shot out of her finger. Will she be able to keep this secret away from her friends?

Recommended  
Read this book and find out what happens next.  
Available in the primary school library.





By Stephen King

more Stephen King books?:

Try: 11/22/63; about time travel.

- "You heard Eddie's story. And Ben's. Do you believe it's true?..." Richie said.
- "... dress up in a clown suit and kill kids, I don't know for what reason though..."
- "It will overwhelm you... Characters are so real you feel like you are reading about yourself... scenes to be read in a well lit room only!" - los Angeles times.

- Imagine there's a huge rain storm and Für Elise is playing in the background. That's what George Denbrough was feeling in a small town in Derry, Witcham street. He sails a Paper boat made of newspaper in the wet streets in the state of Maine. Unfortunately the boat falls into a drain, and just as the little boy tries to get it he encounters a creepy entity; Pennywise the dancing clown. It's just a clown, a nice little stranger peeking out of the tiny drain, who just wants to say hi, right? Wrong. As George tries to pick up the boat that fell, the being rips the boy's arm off and George dies.
- Afterwords, In late June 1985 the story 'IT' written by an american author, Stephen King displays seven children, Beverly "Bev", Benjamin "Ben", Richard "Richie", Edward "Eddie", William "Bill", Michael "Mike", Stanley "Stan" who befriended each other but are known as 'losers'. One thing to note about Bill was that he was George's older brother and was known for stuttering. These children have suffered a lot from childhood traumas and despite now being adults, they still live in echoes of their memories and encounters with 'the dancing clown'. When they were young they had made an oath that if by any chance killings happened in the small town of Derry again they would kill 'IT', but why? Because Derry was known for having killings by something anonymous. Every child that used to live there has encountered pennywise at least once or didn't live to tell the story, George was not the only victim. The killings begin again!
- The six of them now return to Derry, stan couldn't make it because she was too horrified with her trauma. Will the 'children' be able to stop pennywise before they meet their doom? Will they find out the identity of the dancing clown? Find out by reading IT by Stephen King.
- It was a wonderfully horrific book and Stephen King's immaculate style of writing made me think I was in the town of Derry with the characters. I would highly recommend the book to older adults to enjoy dark fantasy and prefer extreme horror. Definitely 7/10! However, there are two rules to follow, number one being it is an adult novel and number two **don't** read the novel in a dark room!



Book review By: ziana

Happy summer!





**Origins of Chess**  
 The history of Chess can be traced back about 1,500 years to the Indian game "Chaturanga" in which all different pieces had different powers, and victory was based on one piece, the king.

**Chess at the Vines**

**Advantages of playing Chess**  
 It enhances critical thinking, problem-solving abilities, and memory.  
 It encourages creativity as players must think of innovative and unexpected strategies to outmaneuver their opponents.  
 Playing demands intense focus and attention to detail, which can help improve overall concentration and patience.  
 Promotes better decision-making and analytical skills.  
 It is a game of strategy and long-term planning, it teaches patience, discipline, and the ability to delay gratification for future rewards.



**How Chess Works**  
 Pawns move one square forwards  
 Knights move in an L shape  
 Bishops move any number of squares diagonally  
 Rooks move any number of squares vertically or horizontally in a straight line  
 How about the Queen and King?

**Chess at Rainbow**  
 For a long time the game revolved around the Maths, Science and primary library areas where enthusiasts played whenever they found time. This term it was officially offered as a club.  
 The Chess club meets every Tuesday at the Vines. It is a whole school club. Players right from Year 1 to 13 come together to enjoy the game as they cool off from the normal daily academic school routines.

**What club members said**

Georges Onana 7mm

My experience in chess club this term has been great. I learnt how to play confidently and safely. I even learnt new moves such as casting etc. I didn't even know the names of the pieces, but now I know all of them thanks to coach Kennedy. I have become a better chess player!

Joel Class: 7MM

It has helped my reasoning between different burdens and values.  
 It taught me how to plan into the future for better outcomes.  
 It helped me learn the most important moves to take so that I stay in a good position the whole game.

Erinewu, USM

My experience in is the really I like the coach cause he's really nice to us and he played a chess game with me but he let me and that's my experience in chess club.

Fun  
 Full of surprises  
 Viator Magoola

Joel L 7MM

My experience in the chess club is that chess has been really fun this term. Although I didn't win all my games, I'm happy I got to learn more about chess and play with my classmates. So lastly if you are looking for a fun game to play with your friends chess will definitely be the one. Coach Kennedy and Mr Ositi will help you learn if you are a new com chess player. "It's not always about how many pieces you've got on the board but rather how strong your pieces are."

My experience in chess this term was amazing. I learnt how to do alot of things like forks and many more. I know that this learning in chess will help me be smarter and better at it. I love chess.

Mya USM ☺☺☺



# CENSUS 2024

The census that started on the 9th of May 2024 was initially meant to go for next 10 days upto 19th of May but the period was extended.

## WHY ARE CENSUS CARRIED OUT?

**Budget Distribution:** Governments use census data to decide how much money to spend on public services like schools, hospitals, and roads.

**Urban Planning:** It helps plan for future needs in cities and towns, like building new houses and improving transport.

**Electoral Districts:** Census information helps to draw fair voting districts.

**Legislative Representation:** It ensures the number of representatives in government matches the population size.

**Informed Decisions:** Governments use this data to make decisions about new policies and programs.

**Performance Monitoring:** It helps check how well current policies and programs are working.

## CENSUS IN UGANDA

The goal of the 10-to 19-day census was to collect sociological and demographic statistics about Uganda for appropriate government planning.

Some of the data they asked about included:

- Date of birth
- Name
- Occupation
- Number of members in family
- Electronics used

## HOW CENSUS IS CARRIED OUT

The census covers a predetermined area and includes every living space inside a particular building. It counts people and household characteristics separately.

The last census in Uganda was carried out in August 2014 and the census is carried out after every **10 years**.

## FUN FACTS

Uganda began counting its population about a century ago with the 1911 Population Census. Since 1948, the nation has carried out accurate population and housing surveys every ten years or so.

The population recorded in 2014 was 36.34 million people , as for now the population recorded on 12th may was 49, 728, 391 but the census is still going on but the actual population is not yet out.

**BY: Darshi and Matice**



# Mental Health Assembly: "Boys, Men and Mental Health"



On 15<sup>th</sup> May, in recognition of Mental Health, we celebrated the boy child in an assembly as RISU Community.



## What is Mental Health?

We came to understand that Mental Health, in the simplest terms, is the state in which our minds are at peace, free from threats and negative thoughts. We examined this concept within the context of students' lives and identified several factors that could threaten their mental well-being daily.

## Some Mental Health Issues

We discovered that many of us fear the future, whether it's the next minute, hour, day, week, month, or year. There is a widespread fear of failing exams, trying something new, or even attempting something we have done before. Additionally, many of us find ourselves in toxic friendship groups where we have lost our sense of identity. We often struggle with knowing what we are saying, how we are saying things, and whether we are communicating correctly.

## Negative Thoughts

Negative thought patterns are also common. Many students feel negative about certain subjects, subject teachers, and their performance in various areas of life, including friendships, family, and school. These negative thoughts and fears significantly impact students' mental health daily.

## Some Thoughts to Ponder

During our celebration of the boy child, we emphasized how special and unique they are. We reminded them of the importance of not keeping things bottled up and the necessity of talking to someone when needed. We encouraged them to seek professional help from Counseling Psychologists for their Mental Health issues. We stressed that discussing Mental Health does not make one weak but instead shows bravery, strength, and courage because it demonstrates a willingness to address and work on these issues to bring out their best selves.



We were also honored to host Valentino, a popular ballroom dancer, who shared how dancing helps him feel better. His story highlighted the importance of finding healthy activities that improve Mental Well-being. Activities like dancing, taking walks, talking to family and friends, listening to music, painting, and even choosing to smile can do amazing things for one's Mental Health.

Leticia Alamo  
School Counsellor



# Rainbow International School Primary Athletics

On Thursday, 23rd May 2024, the Rainbow International School primary athletics team proudly represented their school at the ISSAK Track and Field event, finishing in a respectable 5th place out of seven international schools. The competition was fierce, with athletes from across all schools showcasing their talents and determination.

## Highlights of the Event

Despite the tough competition, the Rainbow International School team delivered outstanding performances across various events. In the sprints, Camila, Anais, Jude, Khloe and Jireh stood out with their impressive speed, while Christellah and Ted showcased their endurance in the 1000 meters race finishing in 1st position. The relay teams demonstrated excellent teamwork and coordination, Under 11s teams excelled in their relays, securing a notable 1st and 2nd finish.

## Linking to IPC Personal Goals

The achievements of the Rainbow International School athletes resonate deeply with the International Primary Curriculum (IPC) personal goals, which focus on developing qualities essential for personal and academic growth.

- **Resilience:** The athletes demonstrated resilience by pushing through challenges and maintaining their focus throughout the competition.
- **Cooperation:** The success in the relay races highlighted the importance of cooperation, as team members worked together seamlessly to achieve their best.
- **Communication:** Effective communication among team members and with their coaches was key to their coordination and performance.
- **Respect:** The athletes showed respect for their competitors, coaches, and the spirit of the event, fostering a positive and encouraging environment.
- **Thoughtfulness:** Strategic planning and thoughtfulness in their approach to each event were evident, especially in the middle-distance races and field events.

## Conclusion

The Rainbow International School primary athletics team's participation in the ISSAK Track and Field event was a testament to their hard work, dedication, and alignment with the IPC personal goals. Finishing 5th out of seven international schools, the team has set a solid foundation for future successes and personal development. Their performance not only brought pride to their school but also exemplified the values and skills they have cultivated through their educational journey.



Congratulations to everyone who represented RISU at the ISSAK Athletics competition.



## NEW RELEASES:



### The Garfield Movie (May 24th)

IN "GARFIELD: THE MOVIE," THE OVERWEIGHT, LETHARGIC, AND LASAGNA-LOVING ORANGE CAT, GARFIELD, LIVES WITH HIS OWNER JON ARBUCKLE. GARFIELD SPENDS HIS TIME TORMENTING JON AND OUTWITTING THEIR VICIOUS DOBERMAN NEIGHBOR, LUCA. HOWEVER, WHEN JON ADOPTS A FRIENDLY DOG NAMED ODIE, GARFIELD FACES UNEXPECTED COMPETITION AND EMBARKS ON A RESCUE MISSION AFTER ODIE IS ABDUCTED.

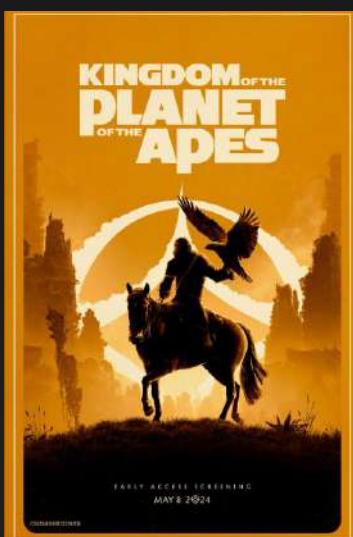
**PG-13** | ANIMATED, COMEDIC AND ADVENTURE



### Bad Boys: Ride or Die (June 7th)

DETECTIVES MIKE LOWREY AND MARCUS BURNETT INVESTIGATE CORRUPTION WITHIN THE MIAMI PD AFTER THEIR LATE CAPTAIN CONRAD HOWARD IS POSTHUMOUSLY ACCUSED OF BEING INVOLVED WITH THE ROMANIAN MAFIA. A SETUP TURNS THEM INTO FUGITIVES, FORCING THEM TO WORK OUTSIDE THE LAW TO SOLVE THE CASE. IN THEIR PURSUIT OF JUSTICE, LOWREY AND BURNETT NAVIGATE A WEB OF CONSPIRACY AND DANGER, ALL WHILE EVADING CAPTURE BY THE AUTHORITIES.

**PG** | ACTION, ADVENTURE AND COMEDY



### KINGDOM OF THE PLANET OF THE APES

MANY GENERATIONS AFTER CAESAR'S DEATH FOLLOWING THE WAR WITH HUMANS, APES HAVE ESTABLISHED NUMEROUS CLANS, WHILE HUMANS HAVE REGRESSED TO A FERAL, NON-SAPIENT STATE. NOA, A YOUNG CHIMPANZEE FROM AN EAGLE-DOMESTICATING CLAN, PREPARES FOR A COMING-OF-AGE CEREMONY BY COLLECTING EAGLE EGGS WITH HIS FRIENDS ANAYA AND SOONA. HOWEVER, A HUMAN SCAVENGER FOLLOWS NOA HOME AND INADVERTENTLY BREAKS HIS EGG DURING A SCUFFLE BEFORE FLEEING. WHILE SEARCHING FOR A REPLACEMENT EGG, NOA ENCOUNTERS A GROUP OF MASKED APE RAIDERS USING CATTLE PROD-LIKE ELECTRIC STAFFS.

**PG-13** | CREATURE VIOLENCE AND ACTION

## COMING SOON:



### Mufasa : The Lion King (20th December)

"MUFASA: THE LION KING" TRACES THE EPIC JOURNEY OF MUFASA FROM A VULNERABLE CUB TO THE MAJESTIC RULER OF THE PRIDE LANDS. NARRATED BY RAFIKI TO KIARA, THE FILM REVEALS MUFASA'S TRIALS AND TRIUMPHS, AND HIS COMPLEX RELATIONSHIP WITH HIS BROTHER TAKA, WHO BECOMES THE INFAMOUS SCAR. THIS PREQUEL ENRICHES THE "LION KING" LORE, OFFERING A DEEPER UNDERSTANDING OF THE EVENTS THAT SHAPED THE DESTINY OF THE CHARACTERS WE'VE COME TO LOVE.

CTC\*

ANIMATED, ADVENTURE, DRAMA  
AND MUSICAL

\*Check the Classification



### DEADPOOL & WOLVERINE (July 26)

IN A DYSTOPIAN FUTURE, WOLVERINE, RECOVERING FROM INJURIES, UNEXPECTEDLY CROSS PATHS WITH THE LOUDMOUTH, DEADPOOL. DESPITE THEIR DIFFERENCES, THEY FORM AN UNLIKELY ALLIANCE TO TAKE DOWN A POWERFUL ADVERSARY THREATENING THEIR WORLD. THEIR EPIC SHOWDOWN COULD ALTER THE COURSE OF HISTORY.

17+

ACTION, COMEDIC AND  
SCI-FI



### The Watchers (June 25)

IT REVOLVES AROUND A GROUP OF INDIVIDUALS TRAPPED IN A CABIN IN THE WOODS, SURROUNDED BY ENIGMATIC ENTITIES KNOWN AS THE WATCHERS. THE FILM COMBINES ELEMENTS OF HORROR AND MYSTERY, AS THE CHARACTERS MUST UNRAVEL THE SECRETS OF THE WATCHERS TO FIND A WAY TO ESCAPE. WITH EACH NIGHT BRINGING NEW TERRORS, THEY DISCOVER A HIDDEN ROOM THAT MIGHT HOLD THE KEY TO THEIR SURVIVAL. THE PLOT THICKENS WITH UNEXPECTED TWISTS, TESTING THE LIMITS OF THEIR SANITY AND WILL TO LIVE.

PG-13

HORROR, MYSTERIOUS AND  
THRILLING

BY MALCOLM KISA





# Books to read this summer

Divine 7mm

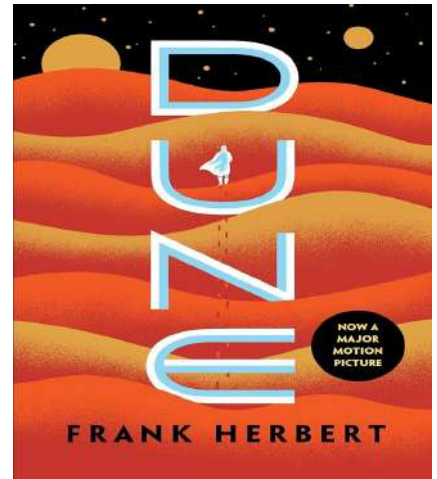
## 1. Fiction:

- *"Where the Crawdads Sing" by Delia Owens*
- *"The Night Circus" by Erin Morgenstern*
- *"Circe" by Madeline Miller*
- *"The Vanishing Half" by Brit Bennett*
- *"The Song of Achilles" by Madeline Miller*



## 2. Mystery/Thriller:

- *"The Silent Patient" by Alex Michaelides*
- *"Gone Girl" by Gillian Flynn*
- *"The Girl with the Dragon Tattoo" by Stieg Larsson*
- *"Big Little Lies" by Liane Moriarty*
- *"The Woman in Cabin 10" by Ruth Ware*



## 3. Science Fiction/Fantasy:

- *"Dune" by Frank Herbert*
- *"The Martian" by Andy Weir*
- *"Station Eleven" by Emily St. John Mandel*
- *"Leviathan Wakes" by James S.A. Corey*
- *"The Name of the Wind" by Patrick Rothfuss*

## 4. Non-fiction:

- *"Sapiens: A Brief History of Humankind" by Yuval Noah Harari*
- *"Educated" by Tara Westover*
- *"Becoming" by Michelle Obama*
- *"The Power of Habit" by Charles Duhigg*
- *"Born a Crime" by Trevor Noah*

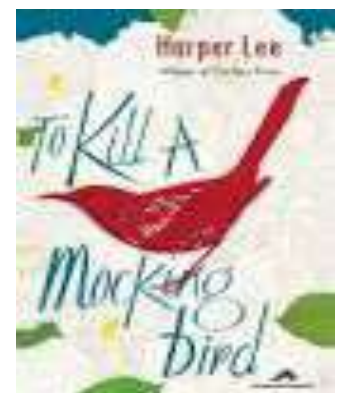


## 5. Classics:

- *"To Kill a Mockingbird" by Harper Lee*
- *"1984" by George Orwell*
- *"Pride and Prejudice" by Jane Austen*
- *"The Catcher in the Rye" by J.D. Salinger*
- *"The Great Gatsby" by F. Scott Fitzgerald*

## Graphic novels

- *"Watchmen" by Alan Moore and Dave Gibbons*
- *"Maus" by Art Spiegelman*
- *"Saga" by Brian K. Vaughan and Fiona Staples*
- *"Sandman" by Neil Gaiman*
- *"Persepolis" by Marjane Satrapi*
- *"Blankets" by Craig Thompson*
- *"Batman: The Killing Joke" by Alan Moore and Brian Bolland*





## Divine 7MM

Bullying is a big problem in schools all over the world. It hurts people and makes them feel really bad. Our school had a special assembly where the teachers acted as students in a play. We learned some important things about it.

Mrs. Walugembe, was the serious and kind student. But, some teachers were not being nice. Mr. Mussisi, Mr. Kalanzi, Mrs. Maloba, Mr. Brooks, and Mr. O'hagan were not acting how students should. They were being mean to a new student named Mrs. Baguma.

They made Mrs. Baguma fight Mrs. Walugembe to be in their special chat group. That's not fair! Mrs. Baguma felt bad, and after she did what they wanted, they still treated her badly. They kicked her out of the chat and said mean things to her.

This made Mrs. Baguma feel really alone and sad. Bullying can make people feel terrible about themselves.

But, there's hope! Some students, Muna, Andre, Lilia, and Ilias, showed us that we can be kind to each other. They were nice to Mrs. Baguma and stood up to the bullies.

We need to stop bullying in our school. Everyone should feel safe and happy. Let's be like Muna, Andre, Lilia, and Ilias. Let's be kind and look out for each other.

Together, we can make our school a better place where everyone feels valued and respected. Let's stand up to bullying and be kind to one another.



# RED-EYE VIRUS

What is red eye disease?

Eye redness from irritated or inflamed blood vessels on the surface of the white part of the eye, commonly called bloodshot eyes.

## WHAT IS THE CAUSE?

Red eye is a reaction to something irritating your eye. Redness can affect one or both eyes. It can develop over time or appear suddenly, such as with allergies or an eye injury.



## SIGNS AND SYMPTOMS OF RED EYE DISEASE.

- Red eyes
- Itching
- Tearing
- Swelling
- Grainy sensation
- Headache and fever

## PREVENTION.

- Remove eye makeup properly
- Keep eyes clean
- Take regular breaks when looking at the computer screen for long period of time
- Avoid things that irritate your eyes like dust etc



## WHAT YOU NEED TO KNOW.

- The Health ministry said the outbreak is not only in Kampala but in prison facilities in other districts
- There are more than 950 cases of the disease in Uganda

BY: MATICE



# LEAVING TEACHERS

By Matice and Darshi

We interviewed the following teachers that will be leaving Rainbow this year. It will be sad to see them leave after all the time they have spent with us.

## Mr. Muchiri (Secondary)

He joined the Rainbow community in January 2021 and has been working with us for the past 3 and a half years and started during online classes.



He found Rainbow a peaceful place and he loved the way the students pleased him and the staff are hardworking. His most memorable moment was when he took part on sports day relay for Rwenzori. After leaving Rainbow he plans to continue teaching computer science in Kenya, his home country.

## Mr. Nakotey (Secondary)

He joined in October 2020, meeting the students and the teachers after the Covid pandemic making it his most memorable moment in Rainbow.



He found Rainbow a lovely place and the credit to the parents who he thinks are hardworking. As he leaves Rainbow he would like to see the school's library change and become electronic. He plans to go to Malawi where he will head a Christian Mission.

## Mr. Ufoyuru (Secondary)

He has an amazing touch with his artist students. He had done his eight years and left and came back for his second term which is 17 years he has been present in Rainbow.



His most memorable moment was the leaving ceremony of the year 13s last year when it had heavily rained and ruined it all. He would like to see a new art room, as he leaves. He is taking a gap and will wish to relax and enjoy.

## Ms. Coley (Secondary)

Ms. Coley has had an amazing 6 months at Rainbow and has enjoyed teaching all her classes.



Her most memorable moment was book week when some of the staff had to dress as the 7 dwarves. If Ms. Coley was give the opportunity to add something to RISU before she left she would make the lunch breaks longer. After Rainbow Ms. Coley plans on continuing her teaching career elsewhere.

## Coach Isma (Secondary/Primary)

He had a good time in Rainbow and has been present in Rainbow for the past ten years. He doesn't plan to continue his swimming classes as he wants to relax and continue his studies. His most memorable moment was teaching the year four class how to do the duck walk. He would not want to change anything about Rainbow.



# LEAVING TEACHERS



## Mr. Felix B (Secondary)

Mr B has has an excellent time at Rainbow. He has taught at RISU for 24 yrs and would love to see Rainbow transform into a university.

Unlike most people he does not believe in retirement but he does plan to go fishing and spend time with his wife and five kids after he leaves RISU.

## Miss Stella (Primary)

Miss Stella has a great time time in RISU and will always remember the talent show for teachers, making it her favourite time of the 10 years she has been present. She says that there should be balance for home and work together and let teachers have some resting days. She will continue her teaching career in country or out of country as she isn't sure yet.



## Ms. Fiona (Primary)

She has been teaching in Rainbow for 12 years and this is her last year in RISU. She says that warmth is the definition of Rainbow and she has made lots of friendship. The best moment for her was the first time when the the teachers did a Ugandan traditional dance with the year 6 seven years ago. As she leaves she would want the school to have more modern classrooms. She is taking one year off to spend time with her family and might continue her teaching career later





# LEAVING TEACHERS

## Ms. Edith (Primary)

Ms. Edith had a nice time in Rainbow, she felt she had a family here at Rainbow.



She has taught here for three and a half years and has had a number of memorable moments but a few of them were the assemblies and both the Annie and Lion King production. If Ms. Edith had the opportunity to add something to primary before she left she would have the primary snack and play time split, she would also add more trips to the school. She plans to continue her teacher career at a school in Kenya.

## Ms. Cynthia (Primary)

Ms. Cynthia has taught at Rainbow for 8 years. She feels like she has made meaningful connections with both her colleagues and students.



Ms. Cynthia has a fascinating memorable moment of her time in Rainbow. She volunteered to play a game of teachers vs students basketball when she tripped and scraped her knee though she managed to pick herself up and continue with the game. If she was given the opportunity to add something to Rainbow before she left she would incorporate more technology into lessons seeing as the world is evolving. When she leaves she does not plan on teaching but to focus on her young ones Caesar and Luis and be part of their little milestones and maybe continue teaching later.

## Mr Andrewartha (Primary)

Mr. Andrewartha has had an amazing experience at Rainbow. He has been a part of Rainbow for 3 years.



He has worked with amazing students and one of his very interesting memorable moments was when the teachers were participating in the sports day and he totalled and fell but he still managed to finish his race. If Mr Andrew Arthur had an opportunity to add something to RISU it would be introducing languages like Luganda for the students to learn. He will be continuing his teaching career at ISU.

## Mr. Mark (Primary)

Mr. Mark has had a great acquaintance with RISU. He has been a part of RISU for 10 amazing years now.



His most memorable moment was his first accreditation and he would not change a thing about RISU. Mr Mark plans to continue his teaching career in Texas teaching Maths and Science





# Things to do in the Summer!

*Jay Kamau & Divine Katisi*

When it comes to holidays, you need to be creative. There are lots of things you can do apart from spending time in front of a screen.

Some easy things that maybe:

Learn a new skill like playing an instrument or cooking.

Get together with friends and play a sport regularly.

Sort out your room and help with chores at home

You and your family can do a family BBQ camp in Mukono, skydive in Diani.. whatever comes to your mind.

For example, my family is going on a trip to Murchison Falls for my 13th Birthday. Some friends are coming from Kenya to also celebrate.

Keep in mind to think budget wise to make sure that you aren't broke at the end of your holidays!

*Jay Kamau 8SM*

**Travel and Explore:** Visit new cities, historical sites, or natural attractions.

**Summer Camps:** Join camps for sports, arts, or STEM activities.

**Volunteer Work:** Help out at shelters, clean-up projects, or hospitals.

**Creative Projects:** Explore photography, blogging, music, or personal projects.

**Summer Classes or Workshops:** Learn languages, coding, or arts.

**Reading and Writing:** Read books and write stories or essays.

**Outdoor Activities:** Enjoy hiking, camping, swimming, or sports.

**DIY Projects:** Try crafting, gardening, or cooking new recipes.

**Family Time:** Plan outings, movie nights, or game sessions.

**Relaxation and Self-Care:** Practice mindfulness, yoga, or simply rest.

*Divine 7MM*