



INGOMA

News with a beat

Dear Reader

A warm welcome back to the Ingoma our pupil-led school newsletter which keeps you informed and entertained about what's happening at Rainbow.

I always look forward to the Ingoma's latest edition, it is always great to see what's happening and also to read the articles that are submitted by staff and students.

The Ingoma is an excellent example of "pupil voice" which is something that we are always mindful of promoting here at Rainbow. I know that Mr Holborow is responsible for the newsletter but the actual groundwork of putting the various articles together is mostly done by the pupils who have volunteered to be part of the production. To them I say a huge thank you for providing us with an insightful and entertaining magazine which can be enjoyed by all.

As always we are looking forward to a busy year and I am sure many of the highlights will be featured in the Ingoma. I am also pleased to announce that copies of the Ingoma will be posted on our school website and hopefully on our social media sites as well.

Here's to a successful year ahead for the Ingoma and thanks again to the Editorial Team.

Derek Jones, Principal



In this edition

- World Scholars' Cup - Stockholm
- Primary Learning Support
- Mr Mottram's Primary Roundup
- The Benefits of Fasting by Kartikey (Y11)
- Primary PSHE
- Primary Learning Support
- IPC & Adaptability
- Bookflix

Save the Date!

- 24th September, 3pm - University of British Colombia Presentation
- 25th September - mini-fair of US Universities
- 26th September, 12.30 - York University, Canada
- 27th September, 12.25 - University of Johannesburg
- 1st October - Year 9 Geo Trip to EBB Weather Station
- 9th October - Independence Day - School Closed
- 10th October - Inter-House Sports Day

Stockholm Global round (Sweden)



The RISU team was on fire at the World Scholar's Cup in Stockholm, Sweden with their quick wit and clever arguments. Like a team of superheroes, they brought home an impressive 72 medals, 44 of them silver and 28 gold, but most importantly their confidence, teamwork, critical thinking, and speaking skills soared to new heights. From debating the merits of slowing down flight speeds to tackling complex global issues like pineapple pizza, our teams showed off mastery of logic, creativity, and persuasion. But it wasn't just about winning (although let's be honest, it's pretty cool!) Our students learned valuable skills, made lifelong friends, and discovered the thrill of being able to question, critique, and pressure test thinking.

So to our amazing teams moving on to the Tournament of Champions in Yale, New Haven, Connecticut USA, keep doing great, keep talking, and keep making us proud!

Congratulations Team Rainbow!



Our Journey started at the Regional round in March when we came together, listened, learned, improved, formed bonds and all our teams qualified. It didn't end there, everyone worked to their best ability, sacrificed holidays and prepared for the global round in Stockholm Sweden. A lot of things were new and different.

We made friends with world scholars from Turkey who stayed at the same hotel. It was so much fun. Nights before the challenge, our whole teams used to come together for last moment revision. We enjoyed other activities such as the Scholar's Ball, trips, and scavenger hunt that were meant for team building and these gave us a chance to practice our soft skills.

The experience was definitely worth it and we again turned out to be victorious qualifying for the tournament of Champions. **Ananaya Jain, Yr10WW**



Mr Mottram's Primary round-up

Now that we are settled into the new academic year and the vast majority of families have returned to school, it is the perfect time to share the key focuses for the upcoming year. As a reminder, over the last two years, we have placed a strong emphasis on updating our mathematics and English provision, all within the framework of the English National Curriculum.

ADAPTABLE

I accept change and I welcome new ideas.

COMMUNICATOR

I give, receive and share information.

COLLABORATOR

I work with others to complete a task.

EMPATHETIC

I understand the emotions and feelings of another person

ETHICAL

I know right and wrong.

RESILIENT

I keep trying, even when it is difficult.

RESPECTFUL

I am kind and polite to everyone.

THINKER

I have opinions or ideas about something I learned.

W
E
D
N
E
S
D
A
Y

W
A
L
K



Everyone Reading In Class (ERIC)

This focus will continue this year, with an emphasis on embedding and innovating to ensure our teaching meets the diverse needs of all our learners. As you already know, we baseline our assessment against the Cambridge Checkpoints in Year 6 to allow us to externally baseline ourselves and our in-house assessments.

Moving beyond the formal academic curriculum, one of our priorities in Primary is a sharper focus on wellbeing.

Primary Personal Learning Goal (PLG) of the month:

Adaptability!

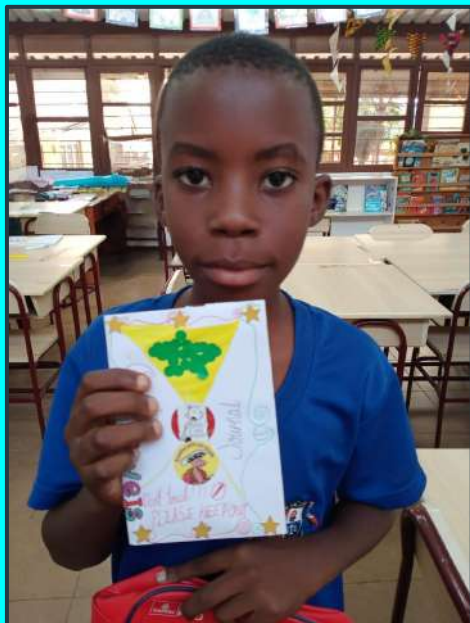


Personal Learning Goals are an important part of the IPC (International Primary Curriculum) which we follow here at Rainbow, and each month this year we will be focusing on a different PLG. We have started the year off with adaptability as at this time of year the children are having to adapt to new teachers, new expectations, new classmates and so much more.

In assemblies this month the Child of the Week certificates will be given to children who have shown great adaptability and last week there was a Primary assembly where we learnt more about the importance of being adaptable. We watched a very inspiring video of some Paralympic athletes and were amazed by all the amazing things they could do despite the challenges they face.

Also, on Monday we had our first Primary inter-house competition of the year: a 'Ready Steady Cook' competition where the house captains and a helper from Year 5 were given some random ingredients and asked to create a delicious dish for the special guest judges, Mr Jones, Mrs Andrewartha and Mr Ali from the Club. It was a real test of the children's adaptability as they were only given 8 minutes to come up with their dish, and it was a tough choice for the judges as all the dishes tasted delicious, but in the end it was Rwenzori who emerged victorious and took home the Adaptability Cup. Well done Rwenzori and all who took part!

By Ms Sarah (IPC Coordinator)



JOURNALING

After researching best practices from educators, we have implemented five structured 30-minute wellbeing slots across the week. Each day, children in Years 3 to 6 will engage in activities that are proven to enhance happiness and wellbeing. In Key Stage 1 and Early Years, there is already time in the curriculum to talk, draw, read for fun and think, so do not worry, they are not missing out.

Mondays: Most Mondays will feature a singing assembly. Singing together as a community is a natural and joyful activity for most people. Some other Mondays the focus will be on one or RISU's personal learning goals (these are shown above).

Tuesdays: The children participate in ERIC (**E**veryone **R**eads **I**n **C**lass). This is not silent reading but reading for pleasure. Children can discuss and share books or listen to stories read by adults. It is a great time to slow down and engage in conversations with friends and teachers about varied topics.

Wednesdays: The Wednesday Walk gives children 30 minutes to walk and talk with anyone in the Primary school. Some children run, others chat, while some walk quietly. Even after just one day, there was a noticeable positive impact on the playground atmosphere.

Thursdays: We focus on journaling (similar to writing a diary) on Thursdays. Last week, the children decorated their journals, and in future weeks, they will respond to prompts such as "What am I thankful for?" or "If I had a superpower, it would be...". This gives children time to reflect and be grateful for what they have.

Fridays: Some weeks, the children will watch a video (for example, this week's video: <https://www.youtube.com/watch?v=JRIfeuRJryU> about introspection). On other Fridays, they will have time to discuss how break times and relationships are going, helping to resolve issues before they escalate.

Research shows that taking time for these activities, particularly with older children, has a significant impact. Academic performance improves (happy children learn better), mental health is enhanced, resilience grows (helpful in managing online and social media challenges), physical fitness increases and the relationships between children and adults in the school are strengthened (already a strong area for us).

Last year was outstanding academically, and we aim to build on this success while also focusing on individual wellbeing and relationships. I am confident that, with our emphasis on both academic rigour and the development of soft skills and wellbeing, the children of Rainbow International School will be well-equipped for the future. I look forward to the entire RISU community joining us on this exciting journey.



As we start a new academic year, the Learning Support students are settling back into school life, and are again surrounded by the familiar faces of their friends & staff.

This term, many of our students are working with new or different teachers and learning assistants. This change offers an opportunity for our young people to adapt to new teaching styles and build relationships with a wider range of educators. As they move up a year, they face new challenges, but they also have new goals and targets to work towards.

This process allows our team to get to know each student individually, understanding their unique strengths and areas where they may need more assistance. Through these trials, we can establish the most suitable educational provision for each student, tailoring our support to meet their specific needs. We look forward to a productive and rewarding year ahead in the Learning Support Department.

Our team is dedicated to supporting them in achieving these objectives, ensuring that each student continues to progress and thrive in their learning journey.

In addition to our returning students, we are also welcoming new families to the Learning Support Department. We understand that starting at a new school can be a daunting experience, especially for students who require additional support. To ensure a smooth transition, we have been conducting trials with these new students.



Speech and Language Therapy

In PSHE



Nurturing Well-being Through "My Heart Map" Activity

This week, our Year 4 class engaged in a meaningful well-being activity called "My Heart Map." The aim of the activity was to help students reflect on what is most important to them while fostering emotional awareness and positive connections with their lives.

Each student drew a large heart on paper, dividing it into sections to represent different aspects of their lives. Inside these sections, they drew symbols and images to represent their favourite things, special people, and cherished memories. From family and friends to hobbies, pets, and favourite places, the students were encouraged to think about what brings them joy and comfort. This activity was a fun way for the children to express themselves artistically and explore what fills their hearts. The students gained a better understanding of their own emotional world, contributing to their overall well-being.

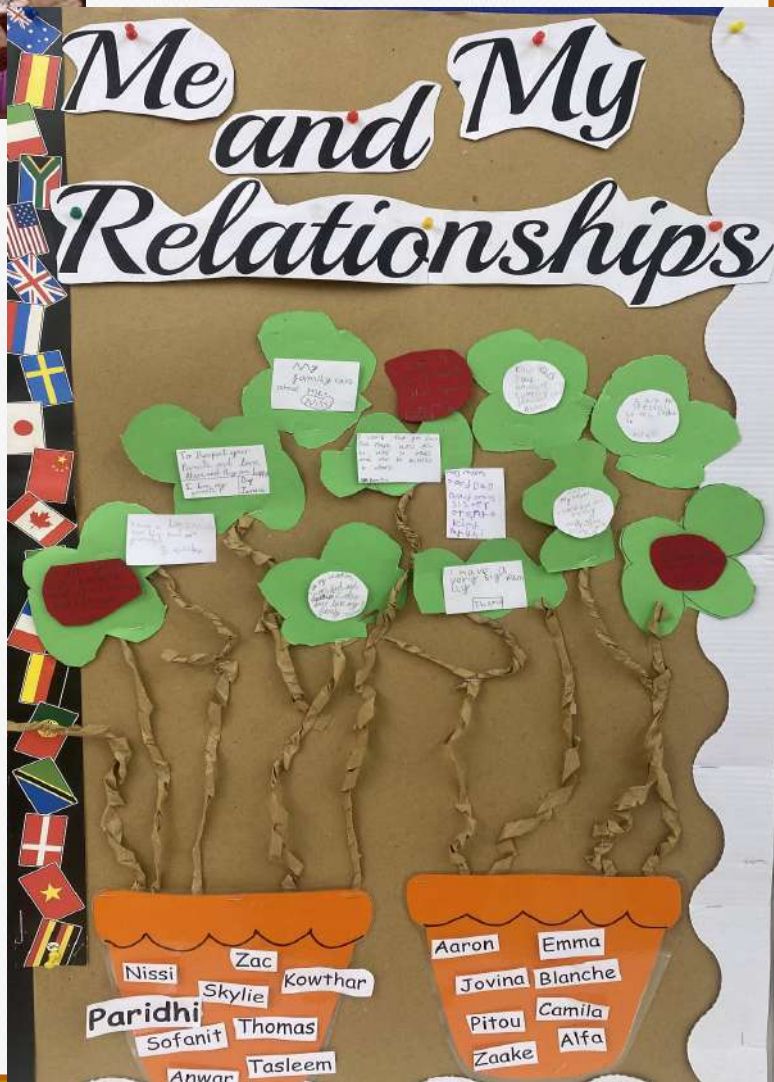


Celebrating Diversity in PSHE through Elmer the Elephant

Our **Early Years** students completed a wonderful display focused on "Valuing Differences," using Elmer the Elephant as their inspiration. Elmer, with his vibrant patchwork of colours, is a perfect symbol for celebrating uniqueness and individuality.

Building Connections with the "Me and My Relationships" Display

Our **Year 3** class recently completed a vibrant display called "Me and My Relationships," designed to help students reflect on the importance of the relationships in their lives. This activity encouraged the children to think about the connections they have with family, friends, and other important people in their world.





Healthy Living Corner

The Science Behind Fasting: Unlocking Cellular Health

Fasting offers numerous health benefits, including improved metabolism, cellular repair, and weight management.

In 2016, the Japanese doctor **Yoshinori Ohsumi** won the Nobel Prize for Medicine because of his work on how fasting triggers **autophagy***, a process where the body orders the immune system to clean out damaged cells, promoting rejuvenation. This natural detox process can help protect against diseases like cancer and Alzheimer's.



Yoshinori Ohsumi

TYPE OF FASTING



12 : 12



14 : 10



16 : 8



20 : 4



OMAD



MEAL SKIPPING

Additionally, fasting supports mental clarity, reduces inflammation, and enhances longevity. Incorporating fasting into your routine can be a powerful tool for maintaining overall health and well-being.

*The term “**autophagy**” comes from the Greek words “**phagy**” meaning eat, and “**auto**” meaning self.

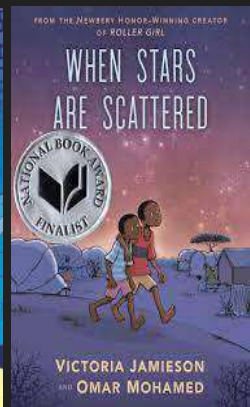
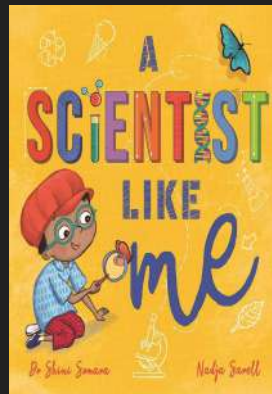
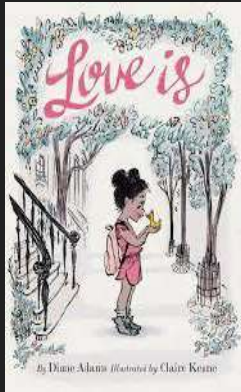
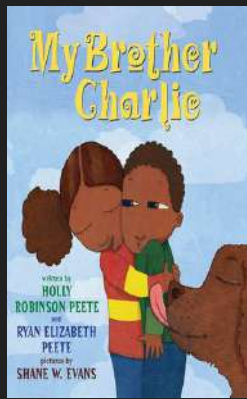
Disclaimer: Always consult a healthcare provider before starting any fasting regimen.

Kartikey Goel, Year 11

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.

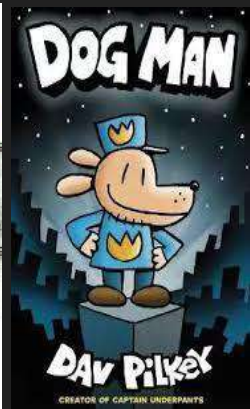
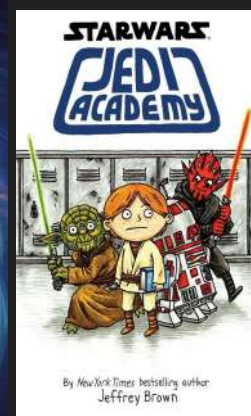
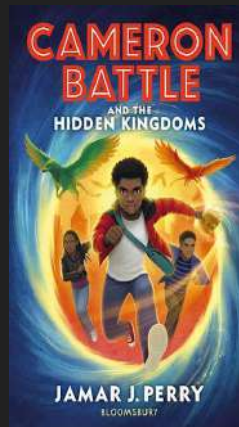
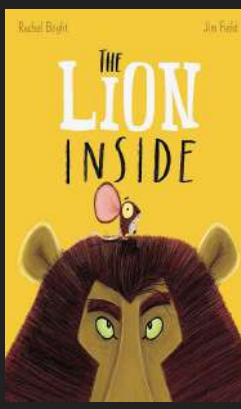
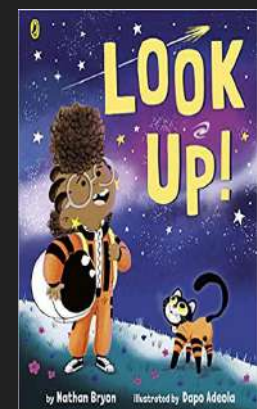
NEW RELEASES: PRIMARY LIBRARY



Suitable for age 2-7 years

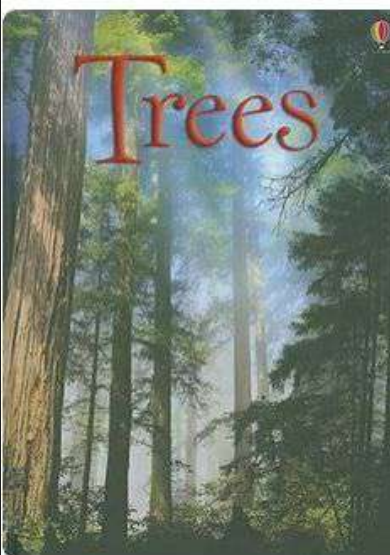
Suitable for age 8-12 years

TRENDING NOW



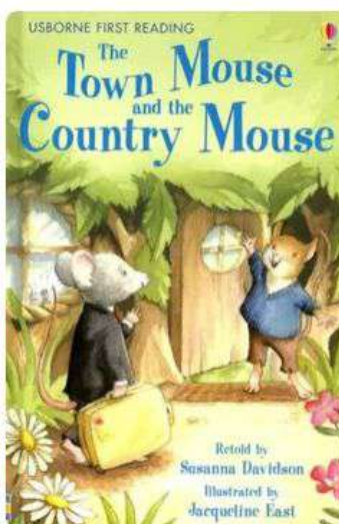
REVIEWS

Tree by Zac Mugabe 3NS



This book is about different types of trees and how weather affects them. When it is hot trees burn and die. Some mushrooms grow in groups on the bottom of trees. Read this book if you like trees

Town Mouse and Country Mouse



Leron 3JN

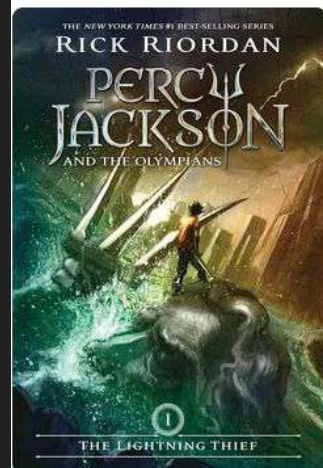
I liked the humor that was in the story. I recommend this book to everybody in my class - it is such fun to read :)

When Life Gives You Mangos by Kereen Getten (Ms.Christine Muzira)



Clara is a twelve year old girl who lives in Sycamore a small community where everybody knows each other and the children play the same games just like in a simple village. There's just one problem ;Clara has issues with her memory. This is a super read which will keep you glued to your seat as you read on eagerly till the end.

Percy Jackson and the Olympians (Michelle)



Percy Jackson and the Olympians is a story about a troubled young boy who finds out his father is a Greek god, making him a demigod. He and his friends are given the task of finding and returning Zeus's lightning bolt as monsters from the Underworld attempt to stop them. I recommend this book because it has a lot of adventure in it.