

ANNOUNCEMENT FRIDAY

ISSUE 07 • 01 OCTOBER 2021 • 2020/2021



Student Led Conferences

Student Led Conferences are learner-centred, in that the children take responsibility for their learning with teachers as facilitators by sharing with their parents their achievements and their goals. It also builds their confidence when interacting with others. The students eagerly look forward to sharing with you the progress made so far.

For Primary Parents,

We look forward to meeting you and your children for individual conferences in afternoon slots from Thursday 21 October through to Thursday 28 October. For Year 6 children and parents, there is an opportunity to have a physical meeting with the class teacher. For all other year groups, and for those Year 6 parents who prefer, we will run the Student Led Conferences on Zoom.

Class teachers will be emailing you a link to a google form by October 6, so that you can begin making bookings for the conferences. Thank you, as always, for your support with this endeavour.

For Secondary Parents

The students are continuously building their online portfolios to ensure that they can effectively communicate what is happening in school so far. The creativity and innovativeness demonstrated in building the portfolios creates a lasting impact on the learner to easily navigate such eventualities in future

Our student-led conferences,SLC's start on Monday 25th October all through to Friday 29th October 2021.

We therefore request that you and your child make an appointment to meet the homeroom teacher within the set days for the conference.

Parents of candidate students (Yr.9, 11, 12 and 13) will be expected to physically turn up in school. The other non-candidate classes (Yr. 7, 8 and 10) should make an appointment with the homeroom teacher to have a ZOOM session within the set dates.

For those that will be coming into school physically, do not forget to follow the standing SOP's.

COVID- 19

PREVENTION

How To Protect Yourself & Others

- Wash your hands often
- Cover coughs and sneezes
- Avoid close contact
- Wear a mask
- Clean and disinfect



Interview with Daniella - Best IGCSE student May

2021

Daniella was the Best IGCSE student May 2021, we caught up with her on ZOOM for a brief interview with Mr. Edward Karugaba. Daniella shared some tips that helped her achieve her success. Below are some excerpts from the Interview:

Edward:

Tell us about yourself.

Daniella:

My name is Barigye Daniella, I joined GISU in Year 8 and I am currently in Year 12.

Edward:

When did you sit your exams and how did you perform?

Daniella:

At GISU, we do 9 examinable subjects and I sat my IGCSE in May 2021 and by the grace of God, I managed to get A* in all the 9 subjects.

Edward:

What would you say helped you achieve this phenomenal success?

Daniella:

There are so many factors but mostly by the help of my parents and my teachers.

1. My parents: My parents played a very big role in my success. They opened the doors to many opportunities for me including bringing me to Galaxy which is such an academically focused school and keeps you straight, determined and on the right path to success.
2. My teachers also played a very key role, they helped me both through physical and online school, we had so many extra lessons during the weeks and sometimes during the weekend. I could always ask for help from them and they were so encouraging throughout the entire IGCSE course from Year 10 to Year 11.

Edward:

What advice would you give to fellow students who feel it is impossible to score highly in their exams?

Daniella:

To the current Year 11's I would say, it does sound impossible to get all 9 A*'s, I thought so too but for one, you really really have to believe and you have to put in the work to get them, you cannot wish for them and not work to get them.

My advise for you is to get to know yourself, do what works for you, needless to say what works for you may not work for others and vice versa. Do what works for you, make a plan, make a strategy, have a revision timetable and stick to it strictly, if you follow it, all should go well.

Ask a lot of questions, be active in class, listen to the teachers, attend Extra Curricular Activities, attend your extra lessons, be active in your own learning.

Practise, I cannot emphasise how much you should practise, do past papers, there are available online. I know our teachers used to give us practise paper booklets all the time. Practise really helps, by the time you get to sit for your exams, you will be used to it, there will be nothing in the exam to shock you but as you work hard also remember to rest because you wouldn't want to get burnt out.

Edward:

Did you face any challenges? If so, how did you overcome them?

Daniella:

I faced a number of challenges, one of them was balancing between the time I spent revising certain subjects and not others which would affect my grades in those other subjects but along the way I learnt how to manage my time better and my teachers helped me with this as well. What I did was to make a revision timetable which gave me a clear visual representation of how much time I was spending on each subject, this helped me spread my time out more evenly depending on how challenging a subject was or how much I needed to catch up with.

Another challenge was the anxiety and stress that comes with being a candidate, all candidates face this, I don't think it can be avoided but in Year 11, I used to take walks in the evening to help me calm down especially towards exam season. Other activities like exercise, meditation and Yoga can help too, you just have to go with what works best for you.

Interview with Daniella (Cont.)

Edward:

Any parting shots?

Daniella:

To the current and future candidates, I will you all the best in your exams, you will do great.



Mid-Term Break

Thank you to all families for pushing this far into the academic term amidst the struggles of the COVID-19 pandemic. Our mid-term break runs from Monday, 11 October to Friday, 15 October 2021.

We hope the students and teachers can use this time to recharge their batteries and be ready for the next half term.



Celebrating Success



We would like to recognise and celebrate great performances from Jerome Matsiko in year 6 and Gabriella Asiima Opolot in year 5 who represented Uganda in National Swimming Championships in Tanzania. Despite the challenges of not having enough training because of the lockdown in the country and suspension of competitions and training facilities, these young swimmers were not afraid to put on their gear and go compete against swimmers who have been training. We are proud of their confidence and belief. Thank you to the parents of Jerome and Gabriella for supporting them.

Jerome is one of the best swimmers in his age category in Uganda. He came 4th overall in the swim gala in Tanzania. That is remarkable for someone who has had little time to prepare. He competed in the following strokes with great performances;

Free Style - 36 seconds
Breaststroke (50 meters) - 49 seconds
Individual Medley - 1.42 seconds
Backstroke (50 meters) - 50 seconds
Breaststroke (100 meters) - 1.56 seconds

Well done Jerome and we wish you all the best in the future competitions.



Gabriella is the best swimmer in her age category in Uganda. She went to Tanzania with a lot of confidence in herself despite not competing for 2 years. While in Tanzania, she competed in all the swim strokes including individual medley. While it is rare to see a swimmer very good in all strokes, she finished 1st in 4 strokes and 2nd in one stroke. Here are her performances;

Individual Medley(IM) - 1st - 1.57 seconds
Backstroke 50 meters - 1st - 55 seconds
Breaststroke 50 meters - 2nd - 58.77 seconds
Butterfly 50 meters - 1st - 50.4 seconds
Freestyle 50 meters - 1st - 43 seconds.

GISU congratulates these 2 young swimmers for keeping Uganda's flag high as well as the parents for supporting them and pushing them to be the best they can be. Well done and we are very proud of you.

2021 / 2022 ACADEMIC YEAR STUDENT COUNCIL BODY

EARLY YEARS CLASS REPRESENTATIVES



Kibri Mengistu Taklemariam
KG2



Umulkheir Adan Mohamed
KG 3A



Guer Kil Kur Duach
KG 3B



Lucas Ayebare Muhumza
REC A



Elijah Kusaasira
REC B

PRIMARY CLASS REPRESENTATIVES



Kusiima Gissele Nshemeire
YEAR 1A



Martina Ndiho Asiimwe
YEAR 1B



Cindy Hindou Dobler
YEAR 2A



Aalyah Alanis Witter
YEAR 2B



Kevin Musinguzi
YEAR 3A



Mical Micheal Ghebremedhin
YEAR 3B



Mohammad Mustafa Bett
YEAR 4A



Agaba Jeremiah Kashamba
YEAR 4B



Carine Kabuyahia Menge Nguru
YEAR 5A



Terry Nanyunja Kaggwa
YEAR 5B



Jonathan Joshua Mukanga
YEAR 6A



Muhammed Halil Kose
YEAR 6B

SECONDARY CLASS REPRESENTATIVES



Nolan Noronha
YEAR 7A



Fatima Syeda Mariam
YEAR 7B



Honour Einstein Kwesiga
YEAR 8A



Moamen Modathir Abdalla Hassan - YEAR 8B



Melissa Nabukenya Liedke
YEAR 9A



Isaiah Labule Okello
YEAR 9B



Carmel Ise Musainwa Maliona
YEAR 10A



Asude Kaya
YEAR 10B



Ilado Karen Egwangu
YEAR 11A



Anthony Frank Benders
YEAR 11B



Saliem Semere Hayelom
YEAR 12



Mark Rodney Wasimwamu Bumbura
YEAR 13

STUDENT COUNCIL OFFICERS



Amy Mumbi Muriithi
EVENT LIAISON



Morgan Noronha
TREASURER



Imeede Winslet Aturia
CHIEF OF STAFF



Ariella Bagarukayo
SECRETARY



Namoe Marcella Belinda Achia
VICE PRESIDENT



Paula Reji Emmanuel
PRESIDENT



Owlypia

GISU is pleased to introduce to you the OWLYPIA LOCAL ROUND VIRTUAL COMPETITION

What is Owlypia?

Owlypia – The Intellectuals' Challenge is an international platform for students aged 9-11 (Owlins), 12-14 (Owlets) and 15-18 (Owlys). A platform where you think, write, discuss and enjoy!

What's Owlypia's aim?

"Challenge your limits intellectually!" is the spirit of Owlypia. It aims to inspire intellectual curiosity and develop research skills and academic confidence in young minds.

How does Owlypia work?

Owlypia consists of ONLINE tests for everyone, 2-day LOCAL events in different countries, and 4-day GLOBAL events at the most prestigious institutions around the world.

Participants form teams of three, then each team member can select a subject of their choice from; Social Sciences, Art & Design, Literature & Culture, Science & Technology and Economics & Business and then take on four challenges from that subject.

The challenges include,

1. Knowledge challenge: The big subject-based quiz! Participants get a quiz from their favourite subject
2. Impromptu challenge: Participants experience organizing thoughts in just 60 seconds, they brainstorm and prepare a 1–2-minute speech in their team.
3. Speech-craft challenge: Participants take part in an intense speaking contest as a team! In this challenge, participants defend the negative or the positive side of a given topic.
4. Team spirit challenge: All participants take this challenge together in the auditorium

Our students are signing up for the Owlypia local Virtual round in order to qualify for the Global round.

You could also visit the Owlypia website at <https://www.owlypia.org/> for more information

THE OWLYPIA LOCAL ROUND is going to be virtual (Via ZOOM) and will take place on 23rd and 24th October 2021.

Registration is ongoing at a discounted fee of 40 GB Pounds (Approximately 191,000 UGX). This is to be paid to the school accounts for commencement of registration of the student. The registration deadline is Friday, 15th October 2021.

Early registration means participants receive the resources from the OWLYPIA TEAM early for their preparation.

For further information in this regard, please contact:

- David Ochieng d.ochieng@gisu.ac.ug +256773001657
- Gertrude Walusimbi g.walusimbi@gisu.ac.ug +256756546110
- Sharon Musumba m.sharon@gisu.ac.ug +256701408195



Dealing with Examination Anxiety

Exams create a different environment altogether. From parents to students, everyone is under deep stress and if we go in-depth, the reason is competition and comparison.

Apart from this, the peer pressure and school pressure makes the situation worse.

Exam fear is one of the common things which you can find in every student who is going to attend exams. Though this is not very unusual but can have a negative effect when you write your exam. Some of the main reasons are stress and expectations from parents and teachers.

Fear usually leads to stress, thus developing anxiety and depression in students. This ultimately results in performing poorly in exams.

Here are 10 tips to overcome exam fear and to reduce anxiety.

1. Start revising early:

Never keep revision for the 16th hour. It is suggested to start revision two days before the exam and a night before the exam should be kept for relaxation and students should try to meditate to keep calm and just go through formulas and equations a night before the exam.

2. Make your own timetable:

When it comes to students, they are often compared to others by society and parents. It is important to understand that every individual is different and one should make their own timetable or routine of studying hours keeping their potential in view.

3. Chart out a plan:

Planning out things is always good. During the examination time, the best way to understand the subject is through flow charts, graphs and pictures. It helps you understand the subject easily and is also in mind for years.

4. Mix subjects:

Never ever focus only on one subject. In such cases, other subjects are left out and at the end moment you might miss out some chapters. It is advisable to make a routine and dedicate some time to each subject daily or on alternate days to create a balance.

5. Allocate time for breaks:

Studying continuously for long hours is not only tiring but also bad for your health. It is important to take a break after every hour or so, to relax your body. Try to stretch your body, drink water/juice during the break to rejuvenate the body. According to health experts, stretching helps in improving the circulation of the body.

6. Sleep well:

In school days, a minimum of 8-9 hours of sleep is necessary to relax the body and mind. In case you fail to do so, it requires parents' intervention in rescheduling your timetable to create a balance.

7. Take notes:

While preparing for exams or revising the chapter, take notes of important dates, events, people and incidents. These are very helpful in structuring your final revision and in the exam hall; they are effective in making your answers rich in content.

8. Write legibly:

This is the duty of parents and teachers to mention to students about writing legibly. It often happens that under exam pressure, students don't pay attention to their writing and try to finish the paper on time. That's why it is suggested to practice mock papers in the school classroom and at home to improve time management skills.

9. Using highlighters:

This is interlinked with the above point. Use of highlighter makes it easy for the examiner to understand your knowledge about the subject and also helps in forming a good impression. Also, the use of highlighter during the preparation of the exam helps you remember important aspects of the subject.

10. Headings and subheadings:

While answering, always use heads and subheads to deal with all subjects. It makes it easy for the examiner to understand what all has been answered, also it looks neat. Also, use paragraphs while answering to avoid confusion and providing sequence wise information.



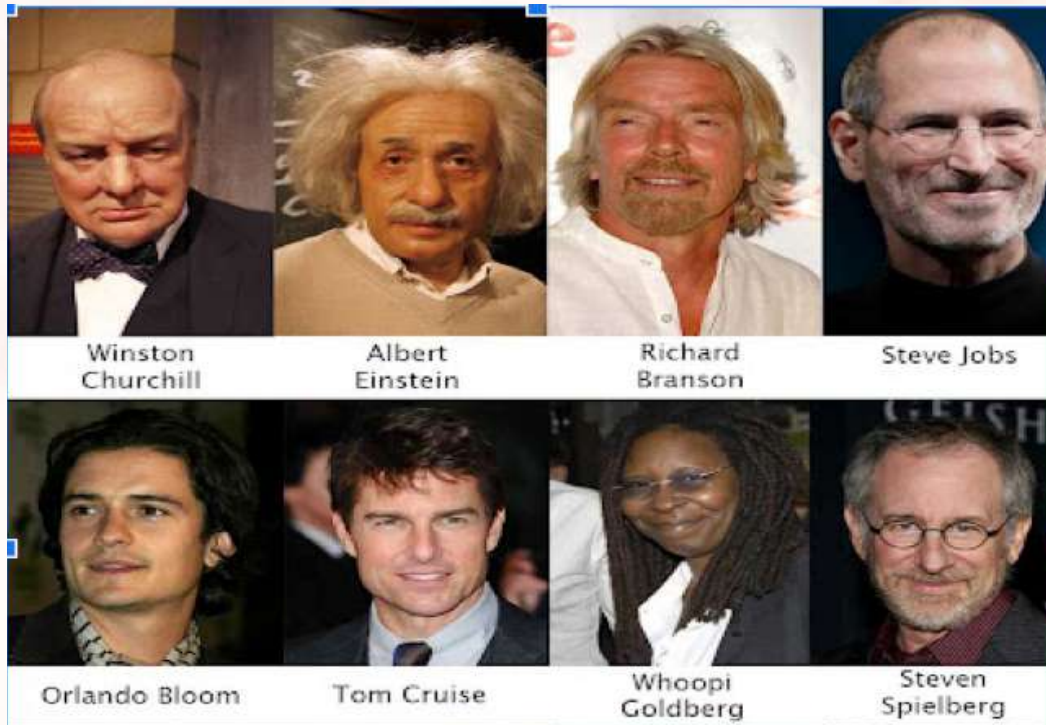


Special Needs Awareness

Dyslexia is a learning disorder characterised by difficulty with reading, writing and spelling. It often occurs in children with normal vision and intelligence. Sometimes the children will be late at talking, learn new words slowly and delay in learning to read. The children will often read slowly and make numerous spelling mistakes on their writing tasks.

Dyslexia can impact how well they comprehend. However when other people read to them, they often have no problem understanding the text. Most children with dyslexia can succeed in school with tutoring or a specialised education programme.

Some famous celebrities with dyslexia include :



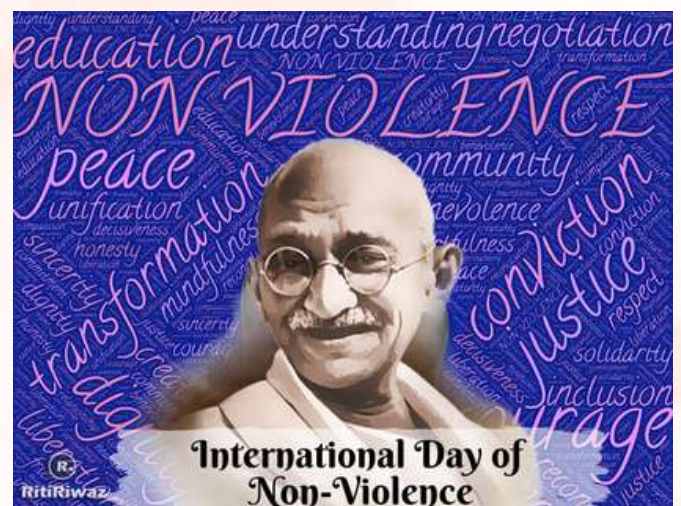
The International Day of Non-Violence

The International Day of Non-Violence is observed on 2nd October, the birthday of Mahatma Gandhi, leader of the Indian independence movement and pioneer of the philosophy and strategy of non-violence. The International Day is an occasion to "disseminate the message of non-violence, including through education and public awareness". The resolution of the UN general assembly reaffirms "the universal relevance of the principle of non-violence" and the desire "to secure a culture of peace, tolerance, understanding and non-violence".

"An eye for an eye will only make the whole world blind." - Mahatma Gandhi.

Suggested activities:

- Doing acts of non-violence in the surrounding
- Being grateful or writing 10 things that we're grateful for - To create a mindset of peace.



ENVIRONMENTAL POLLUTION

Student's
Perspective



Pollution is one of the most important issues facing us today. If it is not dealt with soon it can surely put an end to life as we know it.

Factories, cars, and machinery produce carbon dioxide which mixes with the air we breathe. These microscopic pollutants in the air can slip past the body defenses infiltrating deep into our respiratory and circulatory system, harming our lungs, heart and brain.

Due to pollution ice caps are melting leading to rising sea levels which cause flooding and soil contamination with salt. This threatens the existence of polar bears, walruses, seals and many other species as they have to adapt or perish.

Research has shown if air pollution is not controlled, by 2030 the air will become so toxic that it will be necessary to use an oxygen kit to breathe easily.

As a generation and developing school we should dedicate events to saving the earth. Students could plant various plants such as trees and flowers or have monthly visits around neighborhood areas and lakes and help clean up trash. The school could recycle plastic bottles, plates and boxes and create connections with recycling organizations and local artists that make recycled art work. In conclusion, if we all work together, we will keep the earth safe and green.



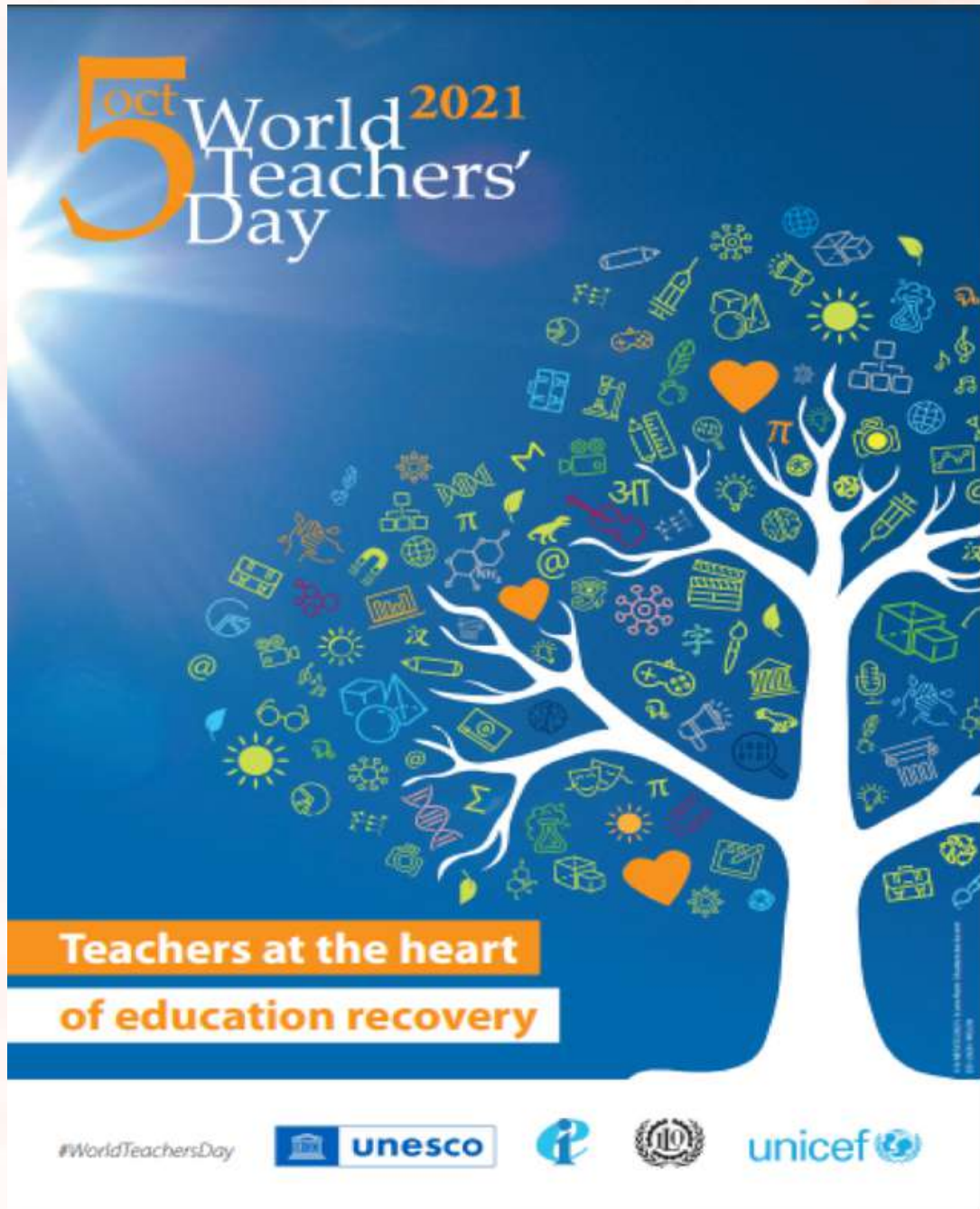
Melissa Nabukenya Liedke, Year 9A

Happy World Teachers Day! - 05 October 2021

World Teachers' Day is held annually on 5 October to celebrate all teachers around the globe. It commemorates the anniversary of the adoption of the 1966 ILO/UNESCO Recommendation concerning the Status of Teachers, which sets benchmarks regarding the rights and responsibilities of teachers, and standards for their initial preparation and further education, recruitment, employment, and teaching and learning conditions.

One and a half years into the COVID-19 crisis, the 2021 World Teachers' Day will focus on the support teachers need to fully contribute to the recovery process under the theme "Teachers at the heart of education recovery".

We wish all the teachers of the GISU family a happy teachers day!



You may participate in congratulating and thanking the teachers by:

1. Hold a virtual meeting with your child's teacher to express your gratitude for all they've done.
2. Record your child sharing a talent or singing a song and send it to their teacher.
3. Write an email detailing what you've appreciated about your child's teacher this year.
4. Send a chocolate to your educator for them to enjoy while teaching from a distance.
5. Request to come in and decorate your teachers' classroom door etc.

Condolence Message

It is with deep sorrow that we announce the passing of our former Ballet trainer Mr. Anthony, also known as uncle TK. GISU wishes to convey our sincere condolences to his family and friends. May his soul rest in eternal peace.

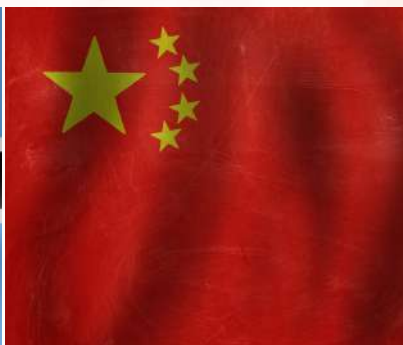


Independence days; Botswana, People's Republic of China, Guinea and Nigeria

Galaxy International School Uganda would like to congratulate and wish families and friends from Botswana, People's Republic of China, Guinea and Nigeria a Happy Independence Day.



Botswana, 30 September



China, 1-2 October



Guinea, 01 October



Nigeria, 01 October

Next week's Snack and Lunch Menu

WEEK 1 06.10.2021 MONDAY

SNACK	LUNCH	SALAD BAR	DESSERT
Rolex Black Tea	Lunch { GISU Fried Chicken Vegetable Pasta,Rice Vegeterians { Green cowpeas stew Cabbage Manchurian Recipe Soup { Tomato cream soup	<ul style="list-style-type: none"> • Roasted Tomato & Mixed Bean Salad • Steamed french beans • Steamed carrot • Sliced onion 	Passion Juice

07.10.2021 TUESDAY

SNACK	LUNCH	SALAD BAR	DESSERT
Sliced creamed cakes Black Tea	Lunch { Shallow Fried Beef Kebab Brown Rice, Steamed Pumpkin Vegeterians { N/A Kadai Vegetable Soup { Chicken Soup	<ul style="list-style-type: none"> • Bombay Carrot Salads • Lettuce • Avocado • Sliced Onion 	Watermelon

08.10.2021 WEDNESDAY

SNACK	LUNCH	SALAD BAR	DESSERT
Buttery rolls Milk Tea Black Tea	Lunch { Fish Nuggets Spaghetti Bolognaise, plain pasta Vegeterians { Cream Tomato Soup Mixed Vegetable Curry Soup { N/A	<ul style="list-style-type: none"> • Mixed Bean Salads • Plain Parsley • Sliced Tomatoes • Red cabbage 	Hibiscus and Lemon Juice

09.10.2021 THURSDAY

SNACK	LUNCH	SALAD BAR	DESSERT
Chocolate Doughnuts Milk Tea Black Tea	Lunch { Chicken Stew Mush Matooke- Sweet Potato- G.nut Vegeterians { N/A Paneer Tika Masala Soup { N/A	<ul style="list-style-type: none"> • Grated Carrot • White Cabbage • Sliced Onion • Tomato Avocado and Tuna Salad 	Watermelon Pineapple

10.10.2021 FRIDAY

SNACK	LUNCH	SALAD BAR	DESSERT
Lemon Muffins Black Tea	Lunch { Beef Stew Mashed Matooke Brown Rice G.nut Sauce Dry fish Yams Pumpkin Nakati Bitter garden Eggs	<ul style="list-style-type: none"> • Sliced Onion • Grated Carrot • Cole slow Salad 	Cocktail Juice