



SECONDARY NEWSLETTER

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HEAD OF SECONDARY'S MESSAGE

Isha upa yoga:

At 8.15am on Thursday 22nd of June in the Sports Hall we will be hosting an Upa Yoga session sponsored by the Indian High Commission. Parents are warmly invited to join students during the session.

Below are the details that we have been given:

Upa yoga is a simple yet powerful system of practices that activate the joints, muscles and energy system. Based on the sophisticated understanding of the body's mechanics, upa yoga brings great ease to the whole system. It relieves physical stress and tiredness.

Within the human system, the energy flows along 72,000 pathways called nadis. At the joints the nadis form energy nodes, forming the joints into storehouses of energy. Upa yoga activates this energy and also lubricates the joints, creating an instant sense of alertness and liveliness. It rejuvenates the body after a period of inactivity and negates the effect of jet lag and long travel.



The sessions work best on an empty stomach and we would suggest only a light breakfast and perhaps a large snack that can be eaten after the session.

Thank you

A few weeks ago secondary students agreed to run some small fundraising events to raise money to say thank you to our ancillary staff.

They have done a fantastic job and raised over 3,500,000/- which will be divided amongst the ancillary staff and presented during assembly on Tuesday.



Leavers' assembly

The majority of Tuesday's assembly will be saying a farewells to leaving students. Students have been busy getting leaving books completed and unfortunately if you have not yet told us that your child is leaving we will not now have time to get this done.

Supper Learning Day and Awards assembly

In the next few days we will be contacting parents whose children have been selected for SLD 4. Selections have been based on 1/ end of year grades 2/ CAT scores 3/ performance at previous SLDs.

At the Awards Assembly on Friday we will be presenting awards for overall attitude to learning awards, individual subject awards for attainment and attitude to learning and Honours and High Honours awards. We will also be presenting longstanding student awards, CAS awards and awards for academic excellence. **Terry Garbet, Head of Secondary.**

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UPCOMING EVENTS

22nd June	Secondary Music Concert
20th June	Leavers' Assembly
23rd June	Final Assemblies(Sec Academic Awards) Term 3 ends @ 12:00
24th June	End of Year Reports and Exam Reports go

"Sounds and Sundowners"

On Tuesday June 20th starting from 17:00 we will be having our first ever "Sounds and Sundowners" event at the Outdoor Theatre. The idea is to relax with us for a little after picking up your children and listen to some live music provided by staff and students. The PTA will be running a Bar 'n' BBQ. It will be a pretty informal affair so why not pack a picnic blanket and a chilled bottle of wine that day and come and relax with us for a bit while the traffic eases off?!!

Steve Lang- School Director"

Father's Day

This morning at Assembly us fathers were sung to beautifully by our primary school children. There were no tears but perhaps a little bravado and, might I suggest, one or two lumps in throats as we heard the song describe us as "heroes". No matter how important the work we do in our respective professions, surely our role as father is the most important. And it is such a challenging and complex role....provider, counselor, leader, advisor, judge, model, supporter.....in short....teacher!

As you know, I am an English teacher by trade and so I hope once more you will indulge me by spending a few moments with the extracts below; they are some of the more famous examples of fathers in literature trying to teach their children the lessons they feel are the most important in life. There is so much to learn here that it would take too long to elucidate every single nugget but may I be so bold as to give you a few gems to look out for:

- Life is not fair; try to face its challenges with resilience and grace
- Listen carefully and be thoughtful in what you say
- Cherish good friends
- Empathise
- Be true to yourself and what you believe in

Great precepts for fathers....and teachers....to pass on!

If

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,

And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

Rudyard Kipling

Hamlet Act 1 Scene3

Polonius

Give thy thoughts no tongue,
Nor any unproportioned thought his act.
Be thou familiar, but by no means vulgar.
Those friends thou hast, and their adoption tried,
Grapple them to thy soul with hoops of steel;
But do not dull thy palm with entertainment
Of each new-hatch'd, unfledged comrade. Beware
Of entrance to a quarrel, but being in,
Bear't that the opposed may beware of thee.
Give every man thy ear, but few thy voice;
Take each man's censure, but reserve thy judgment.....
.....Neither a borrower nor a lender be;
For loan oft loses both itself and friend,
And borrowing dulls the edge of husbandry.
This above all: to thine ownself be true,

William Shakespeare

To Kill a Mockingbird

Atticus: "First of all," he said, "if you can learn a simple trick, Scout, you'll get along a lot better with all kinds of folks. You never really understand a person until you consider things from his point of view- until you climb into his skin and walk around in it."

Harper Lee

Regards

Steve Lang

School Director

THE SECONDARY MUSIC NIGHT THURSDAY 22 JUNE 2017

Three weeks ago we witnessed a selection of our students perform individually in music recitals. On Tuesday this week a total of 31 candidates successfully completed their ABRSM examinations on their individual instruments, singing and aural skills. We congratulate all those who took part in the music recitals and also that have completed their ABRSM examinations.

Next Thursday 22 June 2017, our last public performance the Secondary Music Concert, will be staged in the School Auditorium. This event will feature music students in Years 7, 8, 9 and 10 performing



both Western and African from what they have studied in music lessons over this year.

The performance will start at 5.30PM. Students are expected to be at the performance venue not later than 5PM, properly dressed in our

usual performance colours of black and white.

All are Welcome.

Dr Benon Kigezi
Head of Music



Wireless charger

I was looking for a charger for my phone and decided to try out a wireless one but because I did not own one, I went to search for some. The one that really caught my eye is the Samsung one and because they reviewed it so well, I have decided to just copy what they said here.

The new wireless charging stand allows you to charge your compatible Galaxy device up to 1.4x faster than standard wireless charging transmitters*. Using Samsung's Fast Charge technology, the stand can transfer a faster charge to the device when used with the included Fast Charge wall charger. The Fast Charge Wireless Charging Stand is closing the gap in speed between wireless and wired charging! The stand is also backwards compatible for any Qi-enabled device so you can charge those devices wirelessly at standard speeds. The wireless Fast Charge feature is compatible with Galaxy Note5, Galaxy S6 edge+ and later models of the Galaxy Note and Galaxy S series. Wireless Fast Charge is not compatible with Galaxy S6, Galaxy S6 edge or Galaxy S6 active. Those devices will charge at regular speed. Universal wireless charging support for all Qi-enabled devices. Charging your device wirelessly may require the addition of a wireless charging cover



Say goodbye to tangled wires and lost charging cables. The Samsung Wireless Charging Stand utilizes Qi Inductive Charging Technology that eliminates the need to fumble with charging cables each time you want to charge your device. Perfect for at home or the office, the dedicated charging stand is always at the ready, providing wireless power whenever you set your device on the stand. The stand was designed to allow you to still use your device while charging, propping it up so you can navigate music, review notifications and answer calls without having to interrupt charging.

The Samsung Wireless Charging Stand is easy to set up and use. First, connect the charging stand to your device's charging cable and then place your phone on the stand. For optimal performance, your device should be placed in the centre of the stand. The built-in LED indicator light will alert you if the device is not properly aligned and when a good charge alignment is acquired. A spare Samsung Fast Charge wall charger is included with the stand. If a non-Samsung or Samsung charger below 2A is used, you may damage the charging stand.

While this is not a universal charger so will not work for your other Android devices, there are many other options you can pick up that should work for you. <http://www.samsung.com/us/mobile/mobile-accessories/phones/fast-charge-wireless-charging-stand-black-sapphire-ep-ng930tbugus/>

Robert Buga

Head of IT

House

Bwindi is proud to introduce their new mascot- the Bulldog! Bwindi house captains conducted a poll, inviting their Bwindi housemates to vote for a bulldog, buffalo, or bull and votes were almost unanimously for the bulldog! Looking forward to seeing how this new mascot inspires our Bwindi students next year.

Outdoor Education

Students met with the teachers chaperoning their outdoor education trips next school year on Tuesday to learn about the exciting activities planned for the week. Parents should have received the same information in a letter Friday. If you have not, please contact the Sports Director at sportsdirector@kisu.com.

Secondary Outdoor Education Week- Monday, November 27th – Friday, December 1st, 2017

Year Group	Trip Leader	Destination
7	Ms. Maxtone	Kazi & Lakeside Adventure Park
8	Dr. Kigozi	Mukono
9	Ms. Walker	Kulika Fram, Wakiso
10	Mrs. Kibuka	Mbarara & Lake Mburu
11	Mr. Rabanowitz	Fort Portal
DP1	Mrs. Rabanowitz	TBC
DP2	Mr. Garbett & Mrs. Raval-Shah	Watamu & TBC

Regards

Racquel Theberge

Sports Director

Kampala International School Uganda (KISU), an international school owned by the tycoon has been recognized by Uganda Revenue Authority (URA) as one of the country's top 10 tax paying institutions in Uganda's education sector.



Kampala International School Uganda (KISU), is owned by business mogul Dr Sudhir Ruparelia.

Below is the full list:

- Makerere University
- Kampala International School Uganda
- Kyambogo University
- Uganda Christian University
- Rainbow International School [2003] Ltd
- Cavendish University Uganda Ltd
- Gems Education Uganda Ltd
- Uganda Management Institute
- International School of Uganda
- Islamic University in Uganda
- Greenhill Holdings Ltd
- Makerere University Business School
- Mbarara University of Science and Technology
- Nkumba University
- Uganda Management Institute and Ambrossoli Ltd.