



# SECONDARY NEWSLETTER

Issue No: 256

Friday 13th March 2015

## HEAD OF SECONDARY'S MESSAGE

In our cross curricula lesson in Year 7 we are currently looking at 'Childhood'. As part of this project we are comparing the childhood of a person over 50 years of age with the childhood of our current Year 7 pupils. Whilst doing this it struck me just how much more difficult it is to be a parent in 2015

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Up coming Events	
16 Mar	→ Club C Starts
18 Mar	→ Yr. 7,8,9,10,&DP1 Parent/Teacher meeting
18-19 Mar	→ Francophone Days
21Mar	→ Prom
24 Mar	→ House Choir Competitions
27 Mar	→ International Day
27 Mar	→ Term 2 Ends at Noon

**Term 3 Invoices**  
The term 3 invoices for this academic year were sent home just over a week ago with your child. If for any reason you have not received your invoice please immediately let the Bursars know so that a duplicate can be issued.

If your child's fees are company sponsored, please ensure that your company's finance office has received the invoice too; otherwise they might forget to pay.

The bursars can be reached at [bursar@kisu.com](mailto:bursar@kisu.com) or telephone 0752 711893 should you need to contact them

	1968	2015
TV	Children's television ran from 4.30pm until 5. 50pm. It usually consisted 3 to 4 programmes per evening. With only 3 channels, what you could watch was limited but I learned lots from documentaries. I was allowed to stay up late on Saturdays to watch Match of the day. Daytime television consisted of an hour of news and 'Watch with Mother'	In the age of DSTV, 24hour programmes, several children's channels, live sports, movies etc. etc. How do you decide what to let children watch? We are in the age of homes with multiple TVs and it is no longer an activity that all the family sit down to do.
Internet	Did not exist.	How do you check on what websites your child uses? How do you know who they are talking to on social media? What are they downloading? Do you know their passwords?
DVDs	Did not exist.	DVDs which carry a rating of 18 or R are easily available in many places in Kampala, at very low cost. They can be passed around friend and watched on computers or laptops.
Com-puters	Did not exist	Fantastic things, but how do you know they are only being used to benefit your child?
Games consoles	Did not exist	Do you know the rating of all the games your child plays? If they play online do you know who they play with? Does playing this type of game replace actually playing with other children?
Swim-ming, Tennis, etc. Les-sons	Did not exist – unless you were rich!	Becoming the favoured way of making sure that children get some much needed exercise.
Playing sport for fun.	I played football in the winter and spring and cricket in the summer and perhaps even a little bit of tennis during Wimbledon. I pretended to be one of the great players of the time and twenty of us would play in the park, unsupervised, until it got to dark to see the ball.	Does not exist – replaced by FIFA 2015 available on Playstation 4 and Xbox 1.

I think my mother and father had a much easier job of looking after my welfare than parents of young secondary students have now. Good luck!

**Terry Garbett**

**Secondary Head**

It's not often I copy someone else's words verbatim but for once I'm going to do so. This section is taken from <http://www.bbc.com/news/business-22209818>

*"I think we underestimate the impact of sleep... on average, children who have more sleep achieve higher in maths, science and reading"*

*Chad Minnich Researcher*

*Sleep deprivation is a significant hidden factor in lowering the achievement of school pupils, according to researchers carrying out international education tests. It is a particular problem in more affluent countries, with sleep experts linking it to the use of mobile phones and computers in bedrooms late at night.*

*Sleep deprivation is such a serious disruption that lessons have to be pitched at a lower level to accommodate sleep-starved learners, the study found. The international comparison, carried out by Boston College, found the United States to have the highest number of sleep-deprived students, with 73% of 9 and 10-year-olds and 80% of 13 and 14-year-olds identified by their teachers as being adversely affected. In literacy tests there were 76% of 9 and 10-year-olds lacking sleep. This was much higher than the international average of 47% of primary pupils needing more sleep and 57% among the secondary age group.*

*Achievement gap*

*Other countries with the most sleep-deprived youngsters were New Zealand, Saudi Arabia, Australia, England, Ireland and France. High-performing Finland is also among the most lacking in sleep.*

I have one or two issues that I keep banging on about to parents and they are linked; modern ICT devices; their misuse and the resulting lack of sleep students get.

Students seem utterly baffled when they hear me say that I go to bed at about 9pm. When I ask Secondary students what time they go to sleep, they often tell me that even if they go to bed at say 10 or 11pm, they don't actually go to sleep until 1am or even later. Then they have to get up only 5 or 6 hours later; no wonder they look so tired in the morning.

Study after study, as well as simple observation by anyone who cares to look, can see that growing children need sleep and yet somehow sleep is ignored by so many parents. Only 3 weeks ago I droned on about the fact that children take their phones to bed and watch youtube videos, sms each other and play online games. Children have TVs in their bedrooms and computers and laptops. They may 'go to bed' but that has absolutely nothing to do with going to sleep.

So if you desire your child to achieve higher grades, maybe don't think of additional tutors, extra homework and all the rest; start by simply ensuring that they get some sleep. It's free, proven to be effective and 100% natural. It doesn't add to the workload, doesn't stress people out and I'm sure someone can argue it's environmentally friendly too.

Sleep well and have a great week..

**Neil Wrightson**



*KISU Lions take the Secondary ISSAK Athletics championship title for the 3rd consecutive year!*

## MUSIC DYNAMICS

### KISU WINS INTERNATIONAL SCHOOLS TALENT SHOW



On Saturday 28th, February 2015, KISU took part in the International Schools Talent Show Competition. I am happy to inform you that we did exceedingly well, as we have done in the past. KISU entered five acts and won four of those in the categories of Junior Voice, Senior Voice, Senior Instrumental, and Overall Best Performance. Students who represented

KISU are as follows: Clement Lau (Senior Instrumental), Krishna Kanabar (Senior Dance), Nancy Ainomugisha (Senior Vocal), Glory Akoh (Senior Vocal), Matthew Walker (Junior Vocal), Nicolas Malan (Junior Vocal), Tej Somaiya (Junior Vocal), Nina Ankunda (Junior Vocal), Elizabeth Froese (Junior Vocal), Tegra Ndala (Junior Vocal).

Clement performing *Concert Etude, op. 49* by Alexander Godicke on the trumpet, won both the Senior Instrumental and Best Overall Performer prize.



I thank all the above students for doing us proud. More thanks go to parents and teachers who supported this event in different ways.

### EXAMINATIONS REGISTRATION CLOSED

Registration for the ABRSM examinations is now closed. A total of 29 students have registered for the examinations.

**Dr. Benon Kigozi, Head of Music**

## PTA NEWS

Dear All

Well done to all KISU secondary students who participated in the Inter-Schools athletics meeting on Wednesday, 11<sup>th</sup> March at ISU. KISU won overall – so a great and well deserved achievement, especially in the heat.

ISSAK finals will be held this coming weekend, Saturday 14<sup>th</sup> March at Heritage. Good luck to all teams competing – enjoy and remember good sportsmanship!

### What's happening next week -

It's Francophone week!!!

Senior Volleyball I/H competition on Tuesday 17<sup>th</sup> March

KS2 Y3&4 Production on Thursday 19<sup>th</sup> March starting at 6pm

EY & KS1 Slip 'n Slide on Friday 20<sup>th</sup> March, starting at 08:30

Prom, Saturday 21<sup>st</sup> March

So another busy week!!! Please diarise and make an effort to attend some of the events to support and encourage your children.

### *International Day is fast approaching – Friday 27<sup>th</sup> March 2015.*

Any parents able to assist on the day will be gladly appreciated, either with the serving & supervision of food; decorating the tent/ providing decorations or else assisting with an activity in your continent tent, please contact your tent leader.

If you have not heard from your tent team leader, please contact Ms Gyde Koch (DP1) – [g.koch@kisu.com](mailto:g.koch@kisu.com) or Mrs Eleanor Zake-Nayoga (Y2) – [e.zake@kisu.com](mailto:e.zake@kisu.com) to confirm who your tent leader is.

All parents/students are kindly requested to bring in a plate of eats specifically from their country for this event in a disposable container. Should you supply food in a non-disposable container and wish to have the container returned, please ensure that your container is clearly marked with your child's name & year, as well as what ingredients the container contains. Please remember – NO NUTS/PEANUTS or PORK. All leftover containers will be left at reception for you to collect at the end of the day – please be aware that the team leader cannot be held responsible for the loss or damage of your container.

### *Photographs -*

All school photographs were taken last week and those that were absent were taken this week Tuesday. Hopefully draft copies will be available to parents within the next week or two, before the break of term 2. Once you have seen your child/ren's photos, are happy with them & confirmed your order, you'll receive your child/ren's original package of school photographs at the beginning of term 3.

You will only receive your original photographs once payment has been made in full.

Those parents who have already paid and have requested a receipt or are owed change from payment made will be given to Jessica or Jolly in a clearly marked envelope for your collection next week.

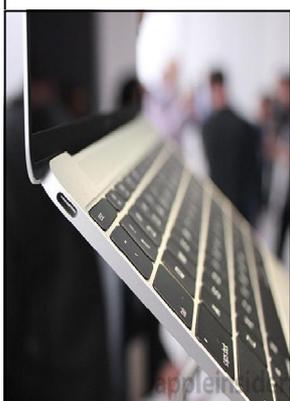
Have a wonderful weekend.

Many thanks  
Kind regards

Rose Bowmaker  
PTA Chair



## New Macbook



There apparently is a new Macbook in the offering. The 3 main figures on this Macbook are the following and pay close attention, 13.1m thin, 2lb in weight and 12inches of Retina display. Wow

There was a time when I thought the guys are Apple just wanted to make cool notebooks but not the Mac. With each new Mac, they seem to define new ideas and break into new frontiers. The impressive thing about the Apple people is

that they will not stop until they feel they have satisfied you or blown you away. Going by their words regarding the Retina display, this is what Apple had to say *"The moment you open the new MacBook, its gorgeous 12 inch Retina display with edge-to-edge glass brings everything into focus. Every photo leaps off the screen in rich, vibrant detail. Over 3 million pixels render each letter with crystal clarity. And it all comes to light on the thinnest, most energy-efficient Retina display ever on a Mac, meticulously honed to deliver a bold visual experience within an impossibly minimal design."* and the numbers are as impressive as "12 -inch Retina display, 2304X1440 resolution and 16:10 aspect ratio.

The new MacBook is designed to fit effortlessly into our increasingly wireless world. Just about anything you do with a notebook can now be done over the air, thanks to Apple software that takes full advantage of the latest Wi Fi and Bluetooth wireless technology. So no matter where you are, you can connect to the web, transfer files, organize your photos, listen to music, and more — without being tied down.

The most efficient way to charge a notebook is by connecting a charger to a port. And as long as we were going to include a port for charging the new MacBook, we wanted to make sure it was the most advanced and versatile one available. The new USB C port puts just about everything you need in a port all in one place. This amazing port provides charging, speedy USB 3 data transfer, and video output in a small, reversible design that's one-third the size of the current USB port. The Mac runs on a 1.1GHz or 1.2GHz dual-core Intel Core M processor (Turbo Boost up to 2.4GHz) with 4MB shared L3 cache configurable to 1.3GHz dual-core Intel Core M processor (Turbo Boost up to 2.9GHz) with 4MB shared L3 cache and packs about 8GB of RAM.

You can pick one for as little as 1299 dollars in either silver, Gold or Space Grey so when the doors open, don't say I did not tell you.

Robert Buga

## Secondary ISSAK Athletics

On Wednesday, March 11 at ISU, KISU Lions took the Secondary ISSAK Athletics championship title for the 3rd consecutive year! 68 students across the Secondary school competed against HIS, ISU, AK, and RISU to accumulate 1367 points and bring home the trophy! Athletes persevered through the long day, battling the heat and many events for some. They were respectful and responsible and for the most part displayed great sportsmanship. It was such a pleasure seeing them interact and congratulate athletes from other schools. They supported each other and came together to make a very well rounded and talented Athletics team. Their coaches are extremely proud of the athletes and individuals they proved they are.

Although the student athletes may play the largest role in an Athletics meet, there are several parties that come together to make for a successful meet! Thus, it is important we recognize those people and what they do to help carry out this event.

Mr. Garbett and the Secondary Staff for their support and cooperation Sridhar and the canteen staff for accommodating the team with lunch for the day!

Parents for their understanding and support in their child's participation in this opportunity!

Coaching team, Anita, Rahema, and Robert, for their hard work in the preparation and operation of the day!

PE team, John, Mandy, and Dan, who helped hold down the fort while we were away

The host school, ISU, and Athletics officials for carrying out the meet  
We are already looking forward to next year's meet!

## Basketball

On the basketball court the U16 girls added another win to their 7-1 season record beating AK 24-13 while the Open Boys and Girls traveled to HIS for their semi-final matches. The girls lost both regular season matches to HIS but proved they were the better team, winning by 21 points to secure their spot in the finals on Saturday! The girls battled hard, finished their shots, and defended their net to win the game 38-17. The Open Boys fought a hard match against the HIS boys maintaining about an 8 point deficit throughout the game but couldn't grab the win.

The following teams will play in the championship match at HIS on Saturday- be sure to come out and support your fellow KISU Lions!

8:00 a.m. - U16 Girls - KISU vs. ISU

9:15 a.m. - U16 Boys - HIS vs. KISU

10:30 a.m. - U13 Girls - KISU vs. ISU

11:45 a.m. - U13 Boys - KISU vs. RISU

1:00 p.m. - Open Girls - ISU vs. KISU

2:15 p.m. - Open Boys - HIS vs. ISU

3:30 p.m. - All-Star Girls

4:45 p.m. - All-Star Boys