

Learning...Through the Eyes of Our Learners

APRIL 2025





The Golden Region

Day 1

Dear Diary, Today was the start of our three-day trip to Kumasi, organised by the school to explore the Ashanti culture. We departed around 8:30AM for a six-hour journey, and I seized the time to enjoy the changing scenery along the way. The towering trees, bumpy dirt roads, and the endless blue sky were a constant reminder of the beauty that surrounded us. As we approached the Ashanti Region, or as I like to call it, the "Golden Region," I noticed the significant change in the quality of the roads.

Once we entered the city, the streets were alive with people selling everything from water and fruits to snacks. The number of billboards caught my attention, many of them announcing recent deaths and funerals. It was a stark reminder of the rich cultural practices and traditions here. Arriving at our hotel, I was struck by how welcoming and friendly the staff were. The Ashanti culture is known for its hospitality, and I could feel it immediately without needing to be told. After a delicious and hearty lunch, we headed to our first stop—the Komfo Anokye Sword Site.

This historical site is located at the Komfo Anokye Teaching Hospital, and as we arrived, our guide shared the fascinating story of Komfo Anokye, a powerful priest and advisor to the Ashanti King, Osei Tutu. Komfo Anokye is believed to have called down the Golden Stool, the spiritual symbol of the Ashanti Kingdom, from the sky.

To further solidify the unity of the kingdom, he planted a sword in the ground in Kumasi, declaring that no one would be able to remove it.



Over 300 years later, the sword remains embedded in the earth, a symbol of Ashanti strength and unbreakable unity. Despite the warning that attempting to remove the sword would result in the kingdom's downfall, a few of us couldn't help but be intrigued by the idea. After returning to the hotel, we had time to relax and bathe before enjoying a hearty supper. We all prepared ourselves for the adventures of the following day.

Day 2

Day 2 started early, with a wake-up call at 6 AM and breakfast by 6:30. By 7 AM, we were on our way to the Manhyia Palace Museum, located in the heart of the Manhyia Palace. Before entering, we had a chance to take in the beautiful surroundings, including a majestic Banya tree and a pond full of catfish.

The gift shop, brimming with souvenirs ranging from hats to golden necklaces, caught the attention of many, including a friend of mine who bought a flute and hasn't stopped playing it since. Inside the museum, I was immediately drawn to the striking sculptures of the present Otumfuo (the King of the Ashanti) and the Queen Mother. Their silicone likenesses were so realistic that I initially mistook them for real people.

The guide took us on a tour, explaining the historical significance of the palanquins used to carry the Ashanti monarchs. These royal sedan chairs symbolize the authority, prestige, and divine status of the Asantehene and Queen Mother.



Next, we visited the old residence of the Asantehene, where we saw artifacts such as the first radio in the Ashanti region, an ancient television, a vintage record player, and a fridge that's been running for over 30 years. The guide also showed us the different thrones that past Asantehene's sat on and took us upstairs to see the golden jewelry worn by the kings.

The highlight of the day came unexpectedly. As we were leaving, we were told that we'd have the rare opportunity to witness the Asantehene dethrone a few chiefs. We made our way to the meeting ground, which was surprisingly vast. After waiting for about 45 minutes, the Asantehene finally arrived, and his presence was so powerful that we all stood up in respect. Although we only got to see him for a few minutes, the experience left a lasting impression on me. His aura filled the space, and we all rose to our feet for his arrival.

Despite the intense heat, we proceeded to our next stop, Kwame Nkrumah University of Science and Technology (KNUST). There, we learned about the university's origins and its status as a leader in STEM education. Established in 1952, it is named after Ghana's first president, Dr. Kwame Nkrumah, who envisioned the university as a hub for scientific and technological advancement.

We toured the campus, which is one of the largest and most beautiful in Ghana, and learned about its notable alumni, including the CEO of MTN Ghana and a former vice president of Ghana. After the tour, we returned to the hotel, and it was already dark. Some of us played chess, while others gathered to play Uno with our roommates before being told to get some rest for the final day.



Day 3

Our final day in Kumasi arrived quickly. After packing our bags and having breakfast, we set off to our last destination; a visit to a Kente weaver. When we arrived, David, the weaver, greeted us and gave us ten minutes to explore his shop. Afterward, he shared the fascinating history of Kente.

The craft dates back over 400 years to the Ashanti Kingdom, and according to legend, it was inspired by two weavers who learned the technique by observing a spider spin its web. Kente was originally made from raffia fibers, but today, it's woven from silk, cotton, or rayon threads. David also demonstrated how Kente is dyed, using tree bark to create a deep red colour.

He then showed us how to imprint Adinkra symbols onto the cloth. I chose the "Bi Nka Bi" symbol, which represents the dangers of conflict and encourages unity. Each symbol has its own deep meaning, and it was fascinating to learn about them. Afterward, we had the opportunity to dip our individual symbols into dye and imprint them onto a piece of cloth, which I found to be an incredibly meaningful experience.

Some of us were also allowed to tie the "knot of knowledge," a tradition symbolising the bond of learning. With our last stop completed, it was time to say our goodbyes and make the journey back to Accra. During the six-hour ride, I reflected on how much I had learned and experienced. I'm already looking forward to returning to Kumasi, as there's so much more to explore. This trip was truly a memorable adventure into the heart of Ashanti culture.

Khalifa Nsiah (F2E)

A JOURNEY OF GROWTH

**From despair to greatness,
A shift from tears to laughter,
A term of deduction and inference,
Where every word mattered.
A lesson that required innovation,
And brought about chorus of answers,
Was duly hard but ever so motivating,
So much it caused arguments and banter.**

**The lyrical literature,
Full of devices and techniques,
That describes life and nature,
And analyses the writer's critique.
A lesson that caused tears to run down our cheeks,
And boredom to swim through our minds,
Now fills our heads for weeks,
And enlarges our view on life.**

**Now writing is more than a compulsory work,
It's a means of conveying our inner desires,
By writing with pen and paper,
About what you anticipate or aspire.
Writing allows you to send all types of messages,
Be it a complaint or love,
And by analysing the passage,
The writer's emotions become as visible as a dove.**



Fatima Iddrisu (F3E)



MY LITERACY LEARNING JOURNEY

Class 6 English has been a dynamic learning experience, much like a water park slide. We've navigated the complexities of literacy devices through engaging activities, including descriptive essays and in-depth class reader analysis. This journey has involved both challenges and rewarding discoveries.

Our English teacher, Mrs. Williams, supports us with our work by teaching and using constructive criticism, thus bettering our grades. In English language, we have also learned the use of new literary devices such as hyperbole, alliteration and imagery to add depth to our writing pieces. Mrs. Williams has simplified every topic down to our level of assimilation.

Our lesson on Picture Inspired Poems has been awesome. I am a poet in the making so I loved the topic so much. I now have a hang of writing literary device based poetic lines and incorporating rhyme schemes. Her bonus lesson-as she called it-, on how to include poetic meters is yet to sync well in my brain. I guess I need more practice with that.

Mrs. Williams is fostering our growth in this subject by addressing individual student weaknesses, aiming to improve both grades and practical application of knowledge. Her targeted approach has been beneficial. This summarizes my English language progress during the Easter term.

Thank you.



Immanuelle Woode (C6E)



My English Journey This Term

This term English has been a mix of challenges and successes. I have worked on different skills like reading, writing, speaking, and grammar. Some parts were easy, but other areas pushed me to try harder. In this essay, I will share my thoughts on how I did in reading, writing, speaking, and grammar, and what I learned this term.

Reading and Literature



This term, I read several books, stories, and poems. Some of the texts and poems we studied were 'The Dilemma of a Ghost' and 'Does It Matter?', a lovely poem taken out from the ISEB English Year 6 Textbook. The one I enjoyed the most was 'The Dilemma of a Ghost' because it brought real life situations and were very dramatic. My reading skills have improved, and I can now understand stories better. I have learned how to pick out important themes and ideas in a text, and it really made me think outside the box.

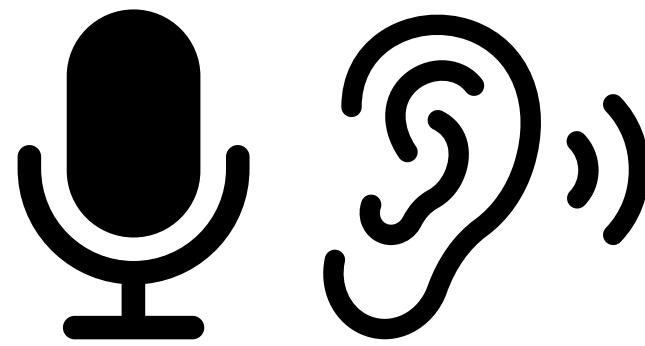
Writing Skills



I worked on many types of writing this term, like argumentative essay, and Picture Inspired poems. I found Argumentative Writing the easiest because the guidelines are very simple, and you can understand it very well. On the other hand, I found picture inspired poems and stories more difficult because you need to know most of the literary devices and use them to add depth to your composition and a higher score for that matter. Over time, I have improved in writing. I am better at organising my thoughts, using new vocabulary, and checking my grammar.

The feedback I got from my teacher, “you are pushing a lot”, helped me so much. It taught me how to make my writing better and focus on the right things.

Speaking and Listening

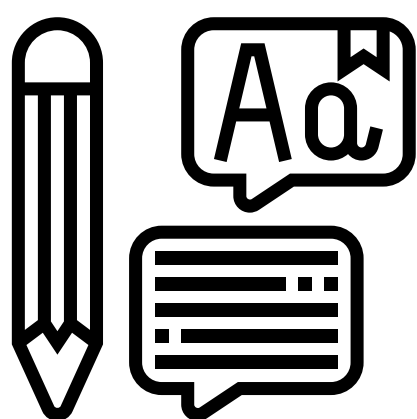


I had the chance to speak in class through discussions and presentations. At first, I felt nervous, but I’m becoming more confident when speaking in English. I learned that clear speaking is important, but listening is just as important. Effective communication isn’t only about talking; it’s also about understanding others and responding well. I plan to keep practicing getting even better at speaking and listening.

Grammar and Vocabulary



This term, I learned new grammar rules, such as hard "G" and soft "G". I also learned new words. These improvements helped me speak and write more clearly. However, I still find some grammar rules, like subject verb agreement, tricky. I will continue practicing these areas so I can feel more confident using them. Looking Ahead Next term, I want to set some goals for myself. I want to improve my poetry writing. I also want to learn more about letter writing, because I think it will help me become better at English. To make learning more enjoyable and effective, I plan to read more books to get better vocabulary. Conclusion In conclusion, this term has been a time of growth in English. I have improved in reading, writing, speaking, and grammar. I’m proud of what I’ve learned, and I’m excited to keep improving next term. I look forward to the challenges and progress that the next term will bring.



Edmund Ababio (C6E)



Looking Beneath the Surface of Huckleberry Finn

When I first started analysing *The Adventures of Huckleberry Finn*, I did not expect it to be so complex. One of the most challenging parts was understanding the social and historical background in which Mark Twain wrote the novel. The story is set in a time of deep racial inequality in the United States, and Twain's use of dialect, humour, and satire to explore issues like slavery, freedom, and morality can feel uncomfortable through a modern lens.

At first, I struggled to make sense of Twain's intentions—especially his portrayal of race. Some parts of the novel felt offensive, and I was not sure if they were meant to criticise society or if they were just part of the time. But after more research and class discussions, I realised that Twain was using satire to expose the flaws of the world Huck lived in. The exaggerated characters—like the Duke and the King—highlight the ridiculousness and hypocrisy of people who claimed to be "civilised" while treating others cruelly.

One moment that really stood out to me was when Huck decides he will help Jim, even if it means "going to hell." That line made me pause. It showed how deeply Huck had been taught that helping a Black man escape slavery was wrong—but he chose to do it anyway. It was not just a small decision; it was a turning point that showed real courage and moral growth.



Understanding Huck's moral evolution was also challenging. It was hard not to judge him by today's standards. But I tried to place myself in his time and think about how difficult it must have been to go against everything he had been taught. That helped me appreciate Huck as a character—not just for what he does, but for how he changes. His choices make us think about how we respond to injustice, even today.

What I learned is that this novel is not just about a boy on a raft—it is about questioning what is right, even when everyone else disagrees. It made me think about how we handle our own moments of moral conflict. For example, in school, when someone is being left out or treated unfairly, do we follow what's popular or what we know is right?

In the end, analysing Huckleberry Finn helped me grow not just as a student, but as a thinker. It taught me that Literature is not always comfortable—and that is okay. Sometimes, the most uncomfortable stories are the ones that push us to think more deeply about the world around us.



Sia Tolno (F3E)



Breaking Out of My Shell: My Journey in The Young Debaters Competition

Preparing for The Young Debaters competition was one of the hardest yet most rewarding experiences of my life. When I first started, I was not the most confident speaker. I was shy, soft-spoken, and always second-guessed myself. I was not the type to stand up and take charge, let alone speak in front of an audience. But over the past few months, something changed.

The journey was not easy. It required time, dedication, and countless hours of practice. I worked closely with my coaches, pushing myself past my comfort zone. At first, standing in front of a small audience just to rehearse was nerve-wracking, let alone the thought of competing on stage. But slowly, I started shedding the fear—piece by piece, rehearsal after rehearsal.

Then came the big day. The moment I had been working so hard for. I remember stepping onto that stage, my heart pounding so loudly I could almost hear it in my ears. But as I began to speak, something incredible happened—the words just flowed. All the anxious moments, the self-doubt, and the shaky rehearsals had led to this. The more I spoke, the stronger I felt. Answering the judges' questions with clarity and confidence was something I never thought I could do, but I did.

FACTS

VS

MYTHS

The most nerve-racking moment of all came during the results. They had called almost every finalist, except for me and two others. My heart raced as I stood there, waiting, wondering if I would be the only one from TRRS who did not make it. I tried to stay calm, to act like I was not scared, but inside, I was terrified. And then, my name was called. The relief was overwhelming. My friends cheered louder than ever, knowing just how much that moment meant to me.

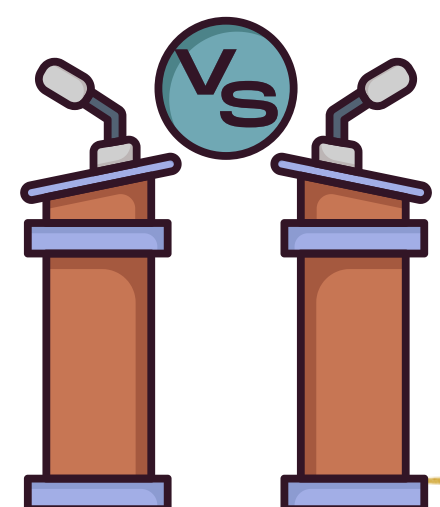
Making it to the semi-finals and then the finals was beyond anything I had imagined for myself. I may not have taken first place, but I won something far greater—I discovered that I am capable of big things.

To the younger ones reading this: Take chances. Step out of your comfort zone. You may think you are not ready, that you are not the "type" to do certain things but trust me—growth happens when you push yourself. I was once in your position, doubting my abilities, afraid to take up space. But if I can do it, so can you. Your voice matters. Your ideas matter. The only way to truly see what you are capable of is to try.

This competition has changed me. I no longer see myself as just a shy girl who follows instructions. I now know that I have a voice, and that voice is strong. And this? This is just the beginning.



Nana Akua Ainuson (L6E)



Finding My Voice: My Journey with The Young Debaters Ghana



My name is Maame Abenlema Amihere, and I am the winner of The Young Debaters Ghana 2025. I will soon be representing Ghana at the International Public Speaking Competition (IPSC) in the United Kingdom this May.

When I first heard about the competition, I was apprehensive—just the thought of speaking in front of an audience terrified me. But my curiosity got the better of me, and I visited The Young Debaters website to find out more. That is when I discovered that, despite the name, the competition was focused more on public speaking than debate. This gave me the confidence to apply. I have never really been a talkative person, but I wanted to be able to speak with confidence and carry myself with self-assurance in public. My goal in entering the competition was simple: to have fun and to overcome my fear of speaking in front of a crowd.

Throughout the competition, the six finalists from The Roman Ridge School, including myself, were coached by Mr. Emmanuel Gbedemah, Mrs. Ruth Tetteh, Mr. Daniel Dodoo, and Mrs. Irene Konadu. Our teachers helped us brainstorm ideas, proofread our speeches, and gave up so much of their time to help us refine our delivery. I still remember standing in the middle of the Primary Block, practising to project my voice loud enough for Mr. Gbedemah to hear me from the very back. It was not easy—but their support made all the difference.

We were also coached by professionals from The Young Debaters Ghana team. Waking up for 8:00 a.m. virtual meetings on a weekend was not always fun, but it became worth it the moment we were greeted by the ever-energetic Mrs. Eugenia Tachie-Menson, ready to give us honest and helpful feedback. I would not be in the position I am today without all that guidance.

WINNER

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Our written speeches were strong enough to get us to the semi-finals. On the day of the event, as we rode the bus to the British Council, we were all a mix of nerves and excitement. Once we arrived, we rehearsed our speeches one last time, posed for pictures to ease the tension, and stepped onto the stage. To our absolute joy, all six of us advanced to the finals. That was the moment I realised that public speaking was not something to be afraid of—it was something I could truly enjoy.

The finals were similar to the semi-finals, except we had to deliver a different speech, and this time the stakes were much higher. We were now speaking to a larger audience—and we were being televised. But strangely, stepping onto the stage felt easier this time. We had done this before. We were ready. Our daily coaching sessions and a special conversation with the respected journalist, Mr. Nathaniel Attoh, helped us feel even more prepared.

I enjoyed every second of delivering my speech and was proud of my performance. To be honest, I had not expected to win—so hearing my name announced as the winner was a truly wonderful surprise. In that moment, I realised something important: public speaking was not just something I had grown to enjoy, it was something I was actually good at.

Now, I am looking forward to travelling to London to represent Ghana at the ESU International Public Speaking Competition. I am excited to deliver my speeches again, but more than that, I cannot wait to meet young people from over 40 countries, share ideas, and explore the city. It is an amazing opportunity, and I am determined to make the most of it.

If there is one thing I have learnt from this journey, it is that growth often begins on the other side of fear. Public speaking used to make me nervous—but now, it makes me feel powerful. So, to anyone who is scared of trying something new: be brave. You never know—you might just find your voice.

Maame Abenlema Amihere (L6A)



The Message of Easter

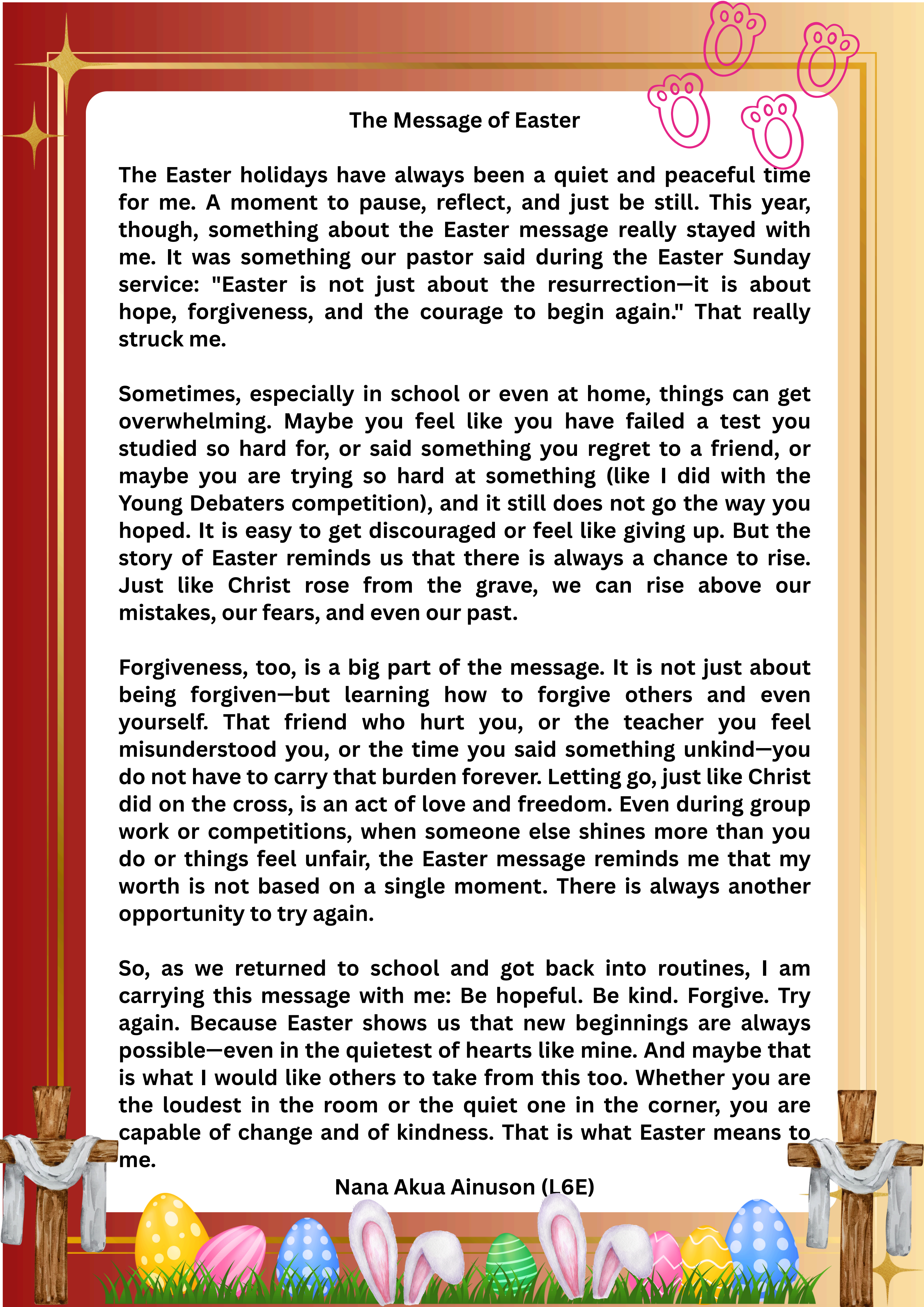
The Easter holidays have always been a quiet and peaceful time for me. A moment to pause, reflect, and just be still. This year, though, something about the Easter message really stayed with me. It was something our pastor said during the Easter Sunday service: "Easter is not just about the resurrection—it is about hope, forgiveness, and the courage to begin again." That really struck me.

Sometimes, especially in school or even at home, things can get overwhelming. Maybe you feel like you have failed a test you studied so hard for, or said something you regret to a friend, or maybe you are trying so hard at something (like I did with the Young Debaters competition), and it still does not go the way you hoped. It is easy to get discouraged or feel like giving up. But the story of Easter reminds us that there is always a chance to rise. Just like Christ rose from the grave, we can rise above our mistakes, our fears, and even our past.

Forgiveness, too, is a big part of the message. It is not just about being forgiven—but learning how to forgive others and even yourself. That friend who hurt you, or the teacher you feel misunderstood you, or the time you said something unkind—you do not have to carry that burden forever. Letting go, just like Christ did on the cross, is an act of love and freedom. Even during group work or competitions, when someone else shines more than you do or things feel unfair, the Easter message reminds me that my worth is not based on a single moment. There is always another opportunity to try again.

So, as we returned to school and got back into routines, I am carrying this message with me: Be hopeful. Be kind. Forgive. Try again. Because Easter shows us that new beginnings are always possible—even in the quietest of hearts like mine. And maybe that is what I would like others to take from this too. Whether you are the loudest in the room or the quiet one in the corner, you are capable of change and of kindness. That is what Easter means to me.

Nana Akua Ainuson (L6E)



LEADER

A Message from Malavika Santhosh



When I first heard my name announced as a member of the Middle School Committee, I was beyond excited. I felt honoured, proud, and eager to take on the responsibility. It felt like a chance to really contribute to our school in a new way—by supporting students just a few years younger than I am and hopefully inspiring them along the way.

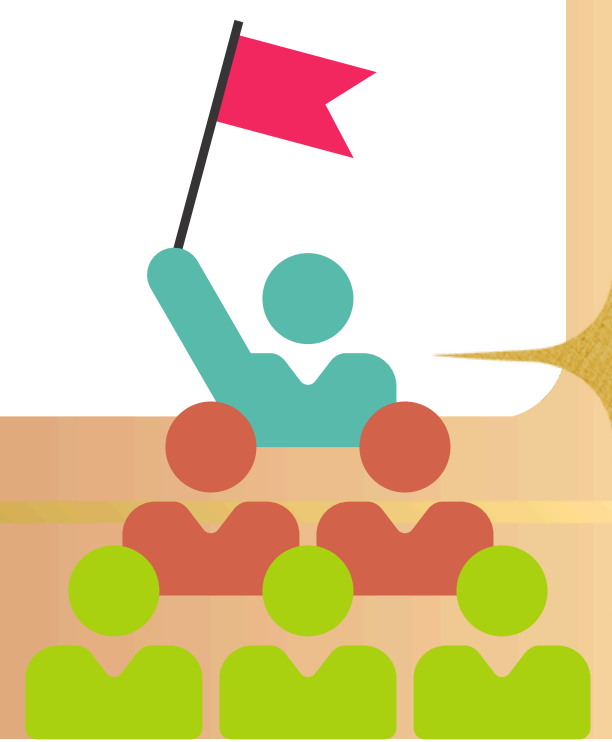
But if I am being honest, I slightly underestimated the middle-schoolers at first. I assumed that because they were younger, they might not be as engaged or confident. I expected that guiding them would be more about telling them what to do than working with them as individuals. I was wrong—and I am so glad I was.

In just two months, I have learned so much from them. These students are funny, intelligent, full of ideas, and not afraid to speak up when they care about something. I have watched them collaborate, show leadership in small but meaningful ways, and support each other in moments of uncertainty. Their energy is contagious—and their kindness, when you least expect it, is something I have come to really admire.

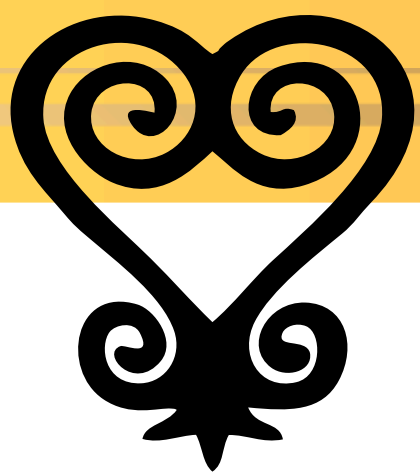
Being part of this committee has helped me grow too. It has made me more patient, more thoughtful, and more willing to listen than I was before. I've learned that leadership isn't just about managing or instructing—it is about building relationships, encouraging others, and being present.

To my fellow middle-schoolers: thank you. You have taught me that leadership is not about age—it is about mindset, heart, and showing up for each other. To anyone hoping to lead someday, my advice is this: stay curious, stay kind, and never think you have got it all figured out. Sometimes, the most meaningful lessons come from the people you least expect. Here is to the rest of the year—we are just getting started, and I cannot wait to see what we do next!

Warmly,
Malavika Santhosh (L6E)
Middle School Committee Member



INSPIRE



My Personal Adinkra Symbol Reflection



During my visit to Kumasi, one Adinkra symbol that truly captured my attention and sparked deep reflection was Sankofa. This symbol, which translates to "go back and get it," carries with it a profound message: it urges us not to forget the lessons of the past, but to embrace them, learn from them, and use them to build a better future. The wisdom embedded in Sankofa is timeless. It's about realising that our journey forward is shaped by the experiences, mistakes, and triumphs we leave behind. It teaches us that there's value in reflection and in revisiting what we've learned from previous chapters of our lives.

This powerful concept resonates with me deeply. I've always believed that growth comes from self-reflection, and Sankofa reinforces this notion. I want to learn from my mistakes, not simply to avoid repeating them, but to use the lessons gained as steppingstones toward a better version of myself. It's like carrying the wisdom of yesterday into tomorrow, with the awareness that each action, each decision, and each failure has something to teach us. I apply this message to my own life by looking back, whether through personal experiences or lessons learned from others, and making sure that I take those lessons to heart. It's about preparing myself for what lies ahead, understanding that the past can serve as both a guide and a safeguard.

When I think about how to incorporate Sankofa into my life, it feels almost like an ongoing process of evaluation and adaptation. Life doesn't always give us second chances, so it's important to use the past as a teacher. The symbolism of Sankofa reminds me that mistakes aren't failures, they're opportunities for learning and growth. If I've made a mistake in the past, I can't let it define me; instead, I need to extract its lesson, correct course, and continue moving forward with a clearer, more informed perspective.



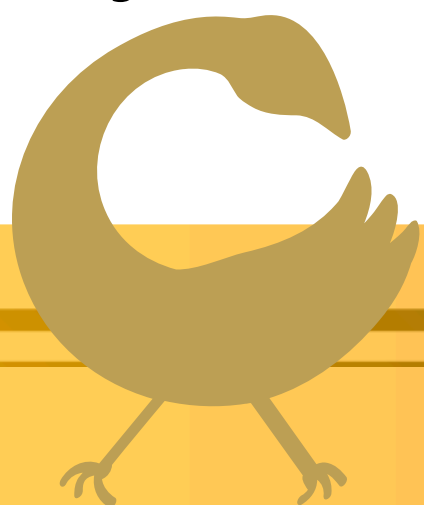
I try to stay cautious, aware that decisions I make today can influence the future, and I strive to always be thoughtful and intentional in my actions.

I've had several personal experiences that echo the essence of Sankofa. One particularly memorable incident happened when I went to America to live with my aunt. In my excitement and youthful exuberance, I ended up accidentally ruining her shoes and making a mess of her bedroom. It was a careless mistake, one that I couldn't undo, and it left me feeling embarrassed and regretful. However, as time passed, I came to understand that this mistake wasn't the end of the world. In fact, it was an essential learning experience. From that moment on, I've been more mindful of my actions and how they affect the people around me. I've learned that mistakes are an inevitable part of life, and they often serve as the catalysts for change. It's not about avoiding them, but about handling them with grace, reflecting on them, and using the lessons to grow.

Reflecting on Sankofa has made me realise how much we carry with us. The mistakes, the triumphs, the experiences, and the lessons from the past. Each chapter of our lives is meaningful, and even if some chapters are filled with hardship or regret, they shape us into who we are today. There's no need to be ashamed of looking back; in fact, it's a vital part of moving forward. The key is in how we interpret those lessons and apply them with purpose and determination.

Ultimately, Sankofa encourages me to be conscious of my actions, to learn from the past, and to use that knowledge to forge a brighter and more intentional future. It reminds me that growth isn't a linear path. Just like the symbol itself, I can keep reaching back to gather the wisdom I need to build the future I want. Every step, no matter how small or imperfect, adds to the journey of becoming the best version of myself.

Nyame Adom Sakyi-Bekoe (F2E)





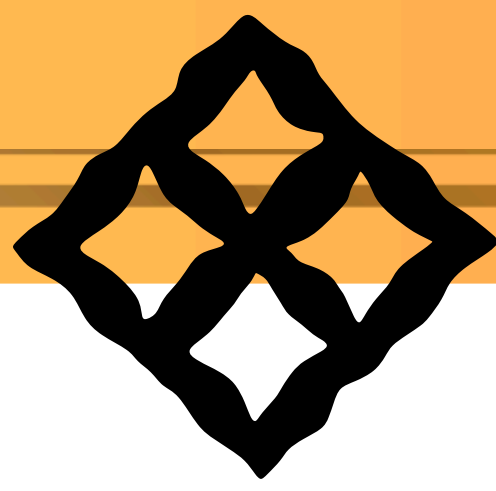
My Personal Adinkra Symbol Reflection



During my visit to the palace of the Asantehene as part of our class trip to Kumasi, the Adinkra symbol that resonated with me the most was “Eban,” which represents safety, security, and protection. This symbol is often associated with the idea of home as a place of peace, comfort, and love.

In Akan culture, a home surrounded by a fence (Eban) is considered a place of security, where family members feel shielded from external threats. This meaning particularly stood out to me, as in today’s world, having a sense of security, whether physical, emotional, or mental, is increasingly important. Many people face stress, uncertainty, and challenges in their everyday lives, and having a safe space to return to can make a significant difference to one’s well-being.

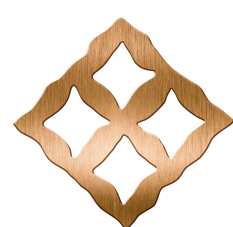
This symbol is meaningful to me because my family has always been my safe space. No matter what difficulties I encounter at school, with friends, or in my personal life, I know that home is where I am loved, supported, and understood. The idea of “Eban” reminds me that a home is not just a physical space, but also an emotional refuge where people feel valued and protected. It also encourages me to think about the importance of creating a positive and safe environment, not only for myself but for those around me.



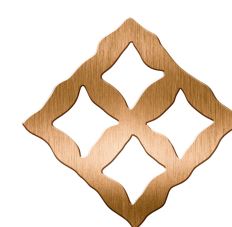
I can apply the message of “Eban” to my life by ensuring that I contribute to a sense of safety and peace in my relationships. For instance, I strive to be a good friend by offering support when someone is going through a tough time. Just as my home provides me with comfort, I want to be someone others can trust and rely on. At school, I try to be kind to others, because I understand the importance of feeling safe and accepted.

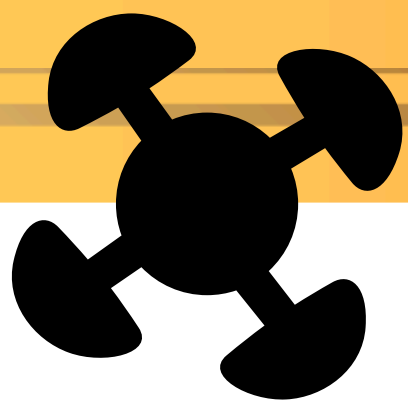
One experience that connects with this symbol is when my younger sibling was anxious about starting a new school. He was worried about not making friends or struggling with their schoolwork. I reassured them by reminding them that home would always be a safe space where they could talk about their concerns without fear of judgment. I also shared my own experiences of overcoming fear in new situations. This moment made me realise how crucial it is to create emotional security for the people I care about.

Overall, “Eban” teaches me the importance of safety, love, and fostering a peaceful environment. It reminds me to appreciate the security I have at home and to extend that same care to others in my daily life. Whether through my words or actions, I aim to ensure that the people around me feel safe, supported, and valued.

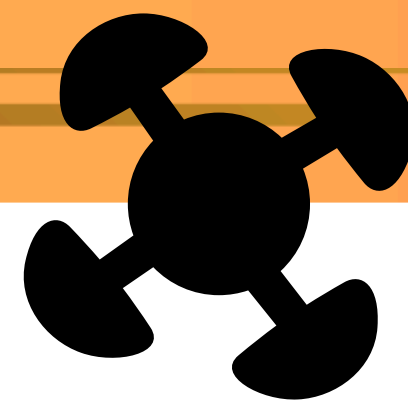


Pratiksha Maheshwari (F2W)





AKOMA NTOASO



If I had to choose one Adinkra symbol that truly spoke to my heart during our three-day trip to Kumasi, it would be Akoma Ntoaso (linked hearts). Just hearing the name feels warm and familiar, doesn't it? It represents laughter, joy, understanding, and agreement; all things I try to live by.

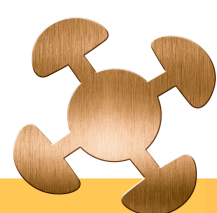
Traditionally, the heart is a symbol of love, but Akoma Ntoaso goes even deeper. It's about connection. Not just the casual kind, but the kind that binds people in empathy and mutual care. Whether it's in friendships, families, or even among strangers, this symbol reminds us that when hearts are truly "linked," something beautiful happens people listen, people laugh, people grow together.

That message hit home for me. I've always loved to laugh, and even more, I love bringing joy to others. There's something magical about seeing someone's eyes light up because of something you said or did. Akoma Ntoaso reminded me why that matters, because spreading joy and understanding isn't just nice, it's necessary.

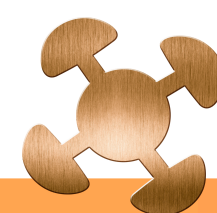
This symbol also gently nudges us to avoid unnecessary conflict and instead lean into kindness and empathy. It teaches us to pause, to really hear others out, and to respect different points of view, even when we don't agree. And honestly, that's not always easy, but it's worth trying.

To me, *Akoma Ntoaso* is more than a symbol. It's a guide for how I want to live. I see it in those quiet moments when I comfort a friend who's having a rough day. I feel it when I make sure no one feels left out in a conversation. I live it when I say, "thank you" and really mean it, or when I offer a smile that I hope makes someone's day a little brighter.

By practicing Akoma Ntoaso, I'm not just learning to be more emotionally mature. I'm learning to be human. And maybe, just maybe, I'm helping to create a space where others feel safe, seen, and understood too. That's the kind of world I want to help build. One heart at a time.



Ndiva Okudzeto Ablakwa (F2E)



Day 1: February 19th, 2025 – Accra

Morning

Dear Diary,

Today was the big day. We were finally heading to Kumasi! I woke up feeling both nervous and excited. After double-checking my luggage (for the third time), I threw on my jeans and P.E. shirt and jumped into the car, ready to go. But... just seven minutes into the ride, panic hit. I'd forgotten something important. We had to rush back home, which made me even later than I already was. I could feel the pressure building because the bus was supposed to leave by 6:30 a.m., and now I was cutting it close. When we finally got to school at 6:40, I braced myself for the worst, but to my surprise (and relief!), I saw my friends just crossing the road toward the bus. Talk about perfect timing! I quickly joined them, and after a long while, we all boarded the bus. We said a short prayer and began our journey.

Bus Ride – 9:30a.m. to 3:00 p.m.

Six long but fun hours later, we finally rolled into Kumasi. Our hotel, Fredrick's Lodge, was so cozy and beautiful. After settling in and having a delicious lunch, we headed straight to the legendary Okomfo Anokye Sword Site. The history there was incredible. We learned about the mystical sword that no one, literally no one, has been able to remove from the ground. We took photos, explored ancient relics, and even grabbed a few souvenirs to remember the visit.

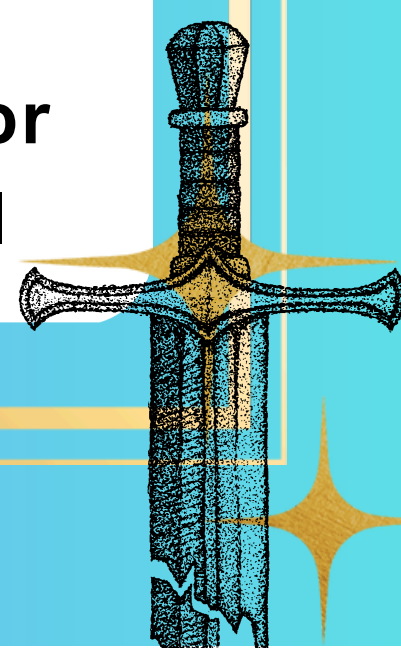
Evening


Back at the hotel, we had our shower and gathered downstairs for dinner. The evening was relaxing. We watched a football match, played a few rounds of chess, and just hung out, laughing and talking. A perfect ending to our first day in Kumasi.

Day 2: February 20th, 2025 – Culture, Ceremonies, and Campus Life

Morning

I woke up bright and early at 5:00 a.m., refreshed and ready for another adventure. After a cold shower and brushing my teeth, I





got dressed just in time for a surprise room inspection. Our teachers came by to check if we were keeping our space clean. (Spoiler: I passed!) Breakfast was great, and soon after, we headed to our first destination of the day: the Manhyia Palace Museum. Our tour guide, Teddy, welcomed us and took us through the palace grounds. We began with a short but powerful documentary on the Ashanti kingdom, then explored the museum itself.

Teddy explained the uses and stories behind each artefact, and I felt like I was walking through pages of a living history book. Then came something totally unexpected. We were invited to sit in on a destoolment ceremony! We even got VIP seats as the Otumfuo himself arrived.

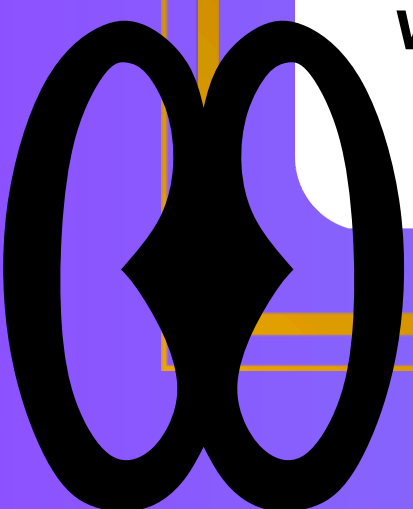
Afternoon

After waiting for over an hour, the moment finally came: the Otumfuo entered the palace grounds, and we all stood in awe, waving respectfully. We ate our lunch quickly on the bus and headed off. Next up was a bus tour of Kwame Nkrumah University of Science and Technology (KNUST). The campus was massive and absolutely stunning. We drove through the different halls, while Teddy shared stories about the university's traditions and achievements. It felt like a peek into the future. Maybe I'll study there someday!

Evening

After a long day, we made our way back to the hotel for dinner. The food was warm and not long after we finished eating skies opened. Rain came pouring down in thick sheets, drumming against the windows and rooftops like a steady rhythm. It was one of those deep, heavy rains that makes everything feel calm and still.

Since we couldn't go out, we all gathered downstairs in the hotel lounge. Most of us were quiet, our pens in hand, heads down, writing.



We took time to reflect on everything we had seen and learned that day: the powerful history at the Manhyia Palace, the once-in-a-lifetime experience of witnessing the destoolment ceremony, and the beauty of KNUST's sprawling campus. With the rain outside and our thoughts pouring onto paper, it felt like the perfect ending to a meaningful day.

Day 3: February 21st, 2025 – Adinkra Symbols & Farewell Morning

Our final day arrived too soon. I dragged myself out of bed, took a shower, brushed my teeth, and packed all my belongings. By the time I got downstairs, everyone else was already there, so I hurried through breakfast. About an hour and a half later, we were off to our last stop: an Adinkra symbol workshop.

Afternoon

We were greeted by a young man who shared the history and meaning behind the symbols. Then came the fun part—making our own prints! I picked a symbol that represented 'life transformation'. He helped me dip it in the ink, and I carefully pressed it onto the cloth. The design came out so beautifully—it felt like I'd just captured something deeply personal. After everyone finished their stamping, we shopped for a few more souvenirs and hit the road back to Accra.

Bus Ride – 1:00 p.m. to 7:00 p.m.

Somewhere along the way, we stopped at a hotel to stretch and grab snacks. The rest of the ride was peaceful—some slept, others played music or chatted about the trip.

Evening

By 7:00 p.m., we were back in Accra. As soon as I saw the familiar gates of our school and the smiling faces of our parents waiting, a wave of exhaustion mixed with happiness washed over me. This trip was unforgettable. I saw history, culture, and tradition come alive, and I made memories I'll treasure forever.

Aaron Agbesi (F2E)



KUMASI TRIP REFLECTION



Dear Abena,

I just got back from an amazing three-day trip to Kumasi, and I have so much to tell you. It was a truly educational and fun experience, especially since I travelled with all my friends and favourite teachers. Although I had heard of all the wonderful things the Asante Kingdom had to offer, it did not prepare me for the joy of experiencing it firsthand. Let me take you through the entire adventure.

DAY 1

On the first day, I had to arrive at school incredibly early because the trip from Kumasi to Accra is an extremely long journey – about five to seven hours, depending on traffic. As we moved from the crowded streets of Accra to the rural parts of the Eastern and Ashanti regions, Ghana seemed to morph into a much more luscious green with few buildings in sight.

We finally arrived at our hotel, Frederick's Lodge, around midday and had lunch. Right after, we moved to the first stop on our itinerary, the Okomfo Anokye Sword Site. It was located at the Okomfo Anokye Teaching Hospital, and we had a tour guide taking us through the magnificent history and significance of the sword, the role it took in the formation of the Asante Kingdom, and the history of people trying to pull it out. It was strange to think how something so small could be of such cultural significance. Finally, we returned to the hotel for dinner and rest.

DAY 2

Again, we had an early start, this time to make sure we were able to visit the Manhyia Palace Museum without a crowd of tourists. I had breakfast and we headed off for the second stop. We had another tour guide taking us through the walls of the ancient home of the Asantehene. The museum was filled with ancient artifacts, gold ornaments, and pictures of past rulers and even realistic wax and silicone figures.

I was amazed to learn about the resilience of the Asante people—especially how they resisted British rule and maintained their kingdom's influence. Although we were about to leave, we had an amazing opportunity to attend the Destooling of a Chief. It was held in a large traditional hall where Asante chiefs were all dressed in black. The great part was seeing the current Asantehene - Otumfuo Nana Osei Tutu II.

Our last stop for the day was KNUST (Kwame Nkrumah University of Science and Technology). This time, we took the tour in our bus as the campus was huge. The tour guide took us through the facilities, courses and history of the prestigious university. Knowing that some of Ghana's brightest minds are studying there made me appreciate how Kumasi isn't just about history—it's also shaping the future. We returned back to the hotel for dinner and lounging about before going to bed.



DAY 3

I woke up on Friday with mixed feelings, knowing that today would be our last day in the Ashanti region. But before we concluded the trip, we still had one more stop to visit – the Adinkra village.

When we got there, we learnt the historic relevance of the symbols and how our ancestors used them to communicate. We were also taught the process in which it takes to create the special dye or ink for the stamping of the cloth. Each person picked out a symbol to use for stamping one strip on cloth. I chose the Ananse Ntentan symbol or ‘spider’s web’ which represents wisdom, creativity, and life's complexities. It's also associated with Anansi, a popular character in West African folklore. In the end, our cloth was a beautiful array of Asante culture

Sadly, this was the end of our trip, and we had to start the journey back to Accra. The drive felt even longer this time, but I spent most of it thinking about everything I had learned. The trip made me realize that Kumasi isn't just a historical city—it's a place of great tradition.

Abena, I wish you had come with me so you too could experience this wonderful journey. The trip completely changed my perspective of the Asante Kingdom and Ghana as a whole. Everything felt so alive and meaningful. I can't wait to tell you more about it when we meet!

Love,
Afia.

Afia Akowuah (F2E)



MY FRACTION PEACOCK

Fractions have been fun to learn!
At first, they were a bit tricky because
I had to figure out how to split things into
equal parts. I like how fractions help me split
parts of something, like when I share a pizza or
measure things for baking.

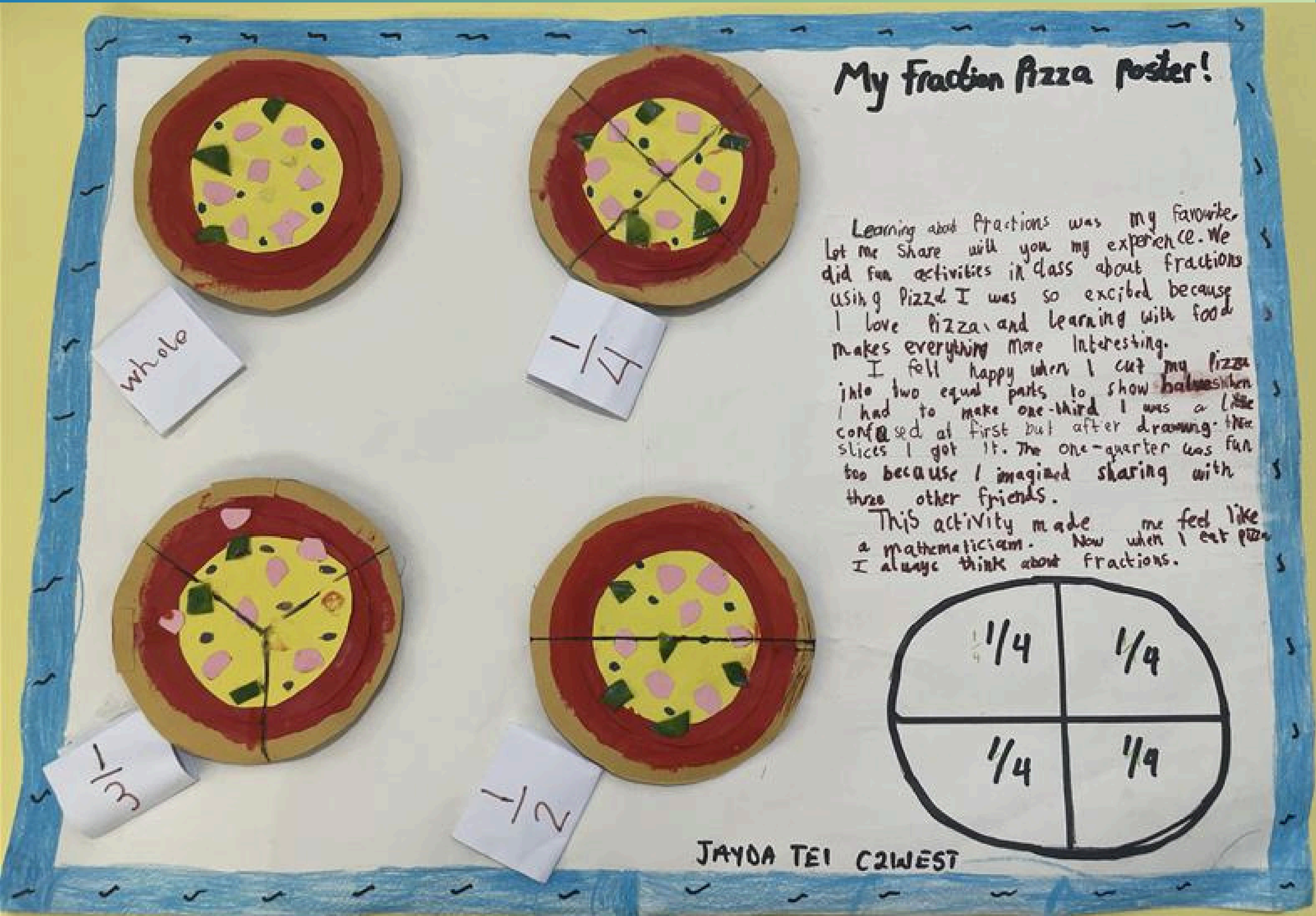
One of the best part was Creating My Fraction Peacock.
I enjoyed dividing the feathers into equal parts and using
different colours to show halves, thirds and quarters.
It helped me understand how fractions represents parts
of a whole. This activity made fractions more interesting and easy
to understand. It was a great learning experience for me.

By: Nana Osei Premph

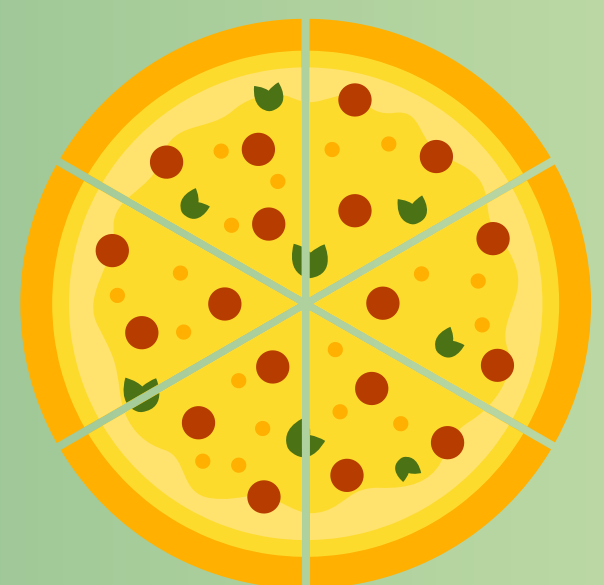
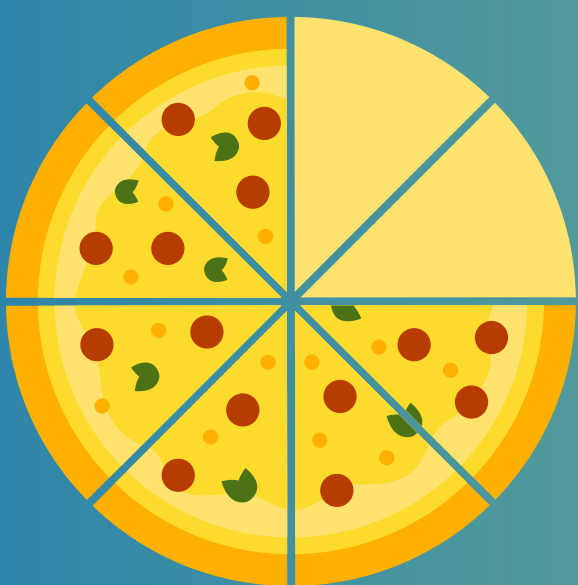


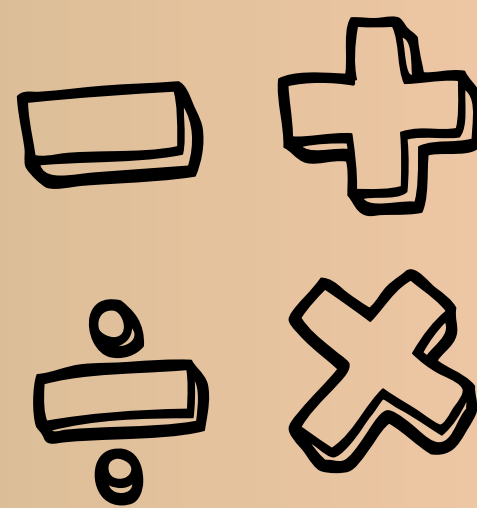
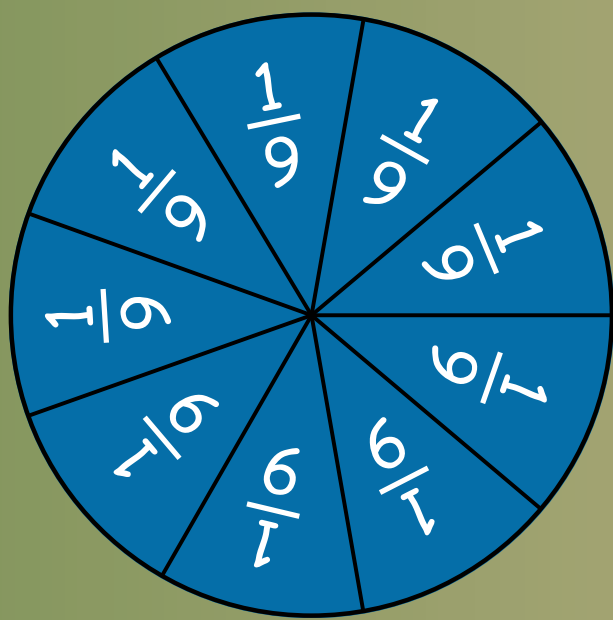
Nana Osei Prempeh (C3W)

$$1\frac{1}{2}$$



Jayda Tei (C2W)



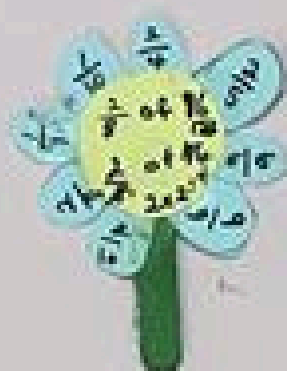


FRACTIONS



WHAT ARE FRACTIONS? → Fraction represents the parts of a whole or collections of object. A fraction has two parts, the top is the numerator and the bottom one is called the denominator.

Examples



Example

$$\frac{9}{10} \text{ or } \frac{2}{5}$$

$$\frac{9}{10} > \frac{2}{5}$$

HOW TO COMPARE FRACTION

Comparing fractions means determining the larger and smaller fractions between any two or more fractions

Jiana Aswani

MY GARDEN OF FRACTION

I Learned about fractions in Maths Class, and it was so exciting! Fractions are parts of a whole, just like when we have a whole pizza and we cut it into slices. At first, I thought fractions were tricky, but then I realised I use fractions in my life everyday. For example when we break our day into parts, we are using fractions. If I spend one hour reading, I have used 1 hour out of the 24 hours, so I will record it as $\frac{1}{24}$.

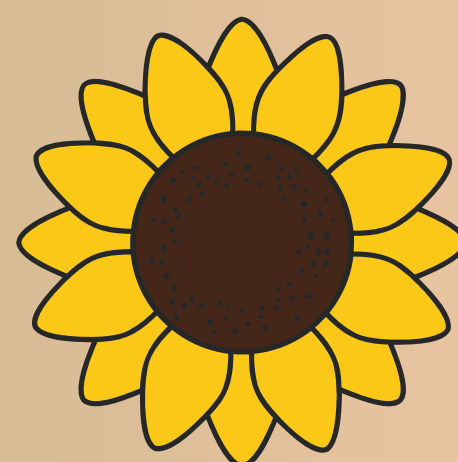
I apply this new discovery to lots of things I do at home, like sharing sweets, writing materials and so many other things. I feel proud of what I have learnt in class.

I am so excited to understand that fractions could be so useful. Learning about them made me feel more confident in maths, and I can't wait to learn more.

By: Jiana Aswani



Jiana Aswani (C3E)



**Either write something
worth reading or do
something worth writing.**

~ Ben Franklin

Thank you!