

THE ROMAN RIDGE SCHOOL  
PRESENTS



# MIDDLE SCHOOL SPEECH & PRIZE-GIVING DAY

MONDAY 30 JUNE 2025  
PRIMARY BLOCK  
2:00 PM

# PROGRAMME

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## **MASTERS OF CEREMONY**

Adith Biju (F2E)

Armelle De-Medeiros (F2E)

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## **OPENING PRAYER**

Afua Kankam (C5W)

## **SCHOOL HYMN**

Led by Mrs Abenaa Asare & Mr. George Edzie

## **WELCOME ADDRESS**

Mr. Bruno Waze - Head of Middle School

## **MESSAGE OF CONGRATULATIONS**

Middle School Prefect Committee

## **AMAZON WARRIOR DANCE**

Saturday Activities Group

## **MESSAGE FROM THE ACADEMIC BOARD**

Mrs. Ramya Ediga & Mr. William Inkumsah

## **OUR YEAR IN REVIEW**

Class 5 & Class 6

## **PRESENTATION OF CLASS 5 PRIZES**

Mr Ebenezer Kupualor - Year Group Lead

## **PRESENTATION OF CLASS 6 PRIZES**

Ms Sandra Abankwa - Year Group Lead

## **GRADUATION SERVICE PROJECT**

Class of 2025



# PROGRAMME

## **DRAMA PERFORMANCE**

The Gods Are Not To Blame (Ola Rotimi)

~Form 2

## **OUR YEAR IN REVIEW**

Form 1 & Form 2

## **PRESENTATION OF FORM 1 PRIZES**

Mr Daniel Dodoo - Year Group Lead

## **PRESENTATION OF FORM 2 PRIZES**

Ms Rosina Akpey - Year Group Lead

## **QUEEN'S COMMONWEALTH ESSAY EXCERPT**

Readings from Selected Essays

## **PRINCIPAL'S HONOUR ROLL & SPECIAL CERTIFICATES OF DISTINCTION**

Mrs. Valerie Mainoo (Principal)

Assisted by Principal Teachers:

Mr. Isaac Sowah

Mrs. Deborah Kotey

## **SPOKEN WORD PERFORMANCE**

Class 5 & Class 6

## **VOTE OF THANKS**

John Kufuor (F1A)

## **SCHOOL ANTHEM**

Led by Mrs. Abenaa Asare & Mr. George Edzie

## **CLOSING PRAYER**

Astrid Adimazoya (C6A)

# SCHOOL ANTHEM

We are TRRS,  
Pacesetters of our time,  
Our Trinity is Academic Excellence,  
Pastoral Care, Activities.  
The Ethos of our school

Discipline  
Responsibility  
Excellence  
Morality  
Leadership  
Integrity

These are the pillars of our school,  
the pillars of our school,  
the pillars of our school.  
Excellence is our hallmark  
Pastoral Care, Activities,  
The Ethos of our school.

# SCHOOL HYMN

Who would true valour see,  
let him come hither;  
one here will constant be,  
come wind, come weather;  
there's no discouragement  
shall make him once relent  
his first avowed intent  
to be a pilgrim

Whoso beset him round  
with dismal stories,  
do but themselves confound,  
his strength the more is.  
No lion can him fright:  
he'll with a giant fight,  
but he will have the right  
to be a pilgrim

Hobgoblin nor foul fiend  
can daunt his spirit;  
he knows he at the end  
shall life inherit.

Then, fancies, fly away;  
he'll not fear what men say  
he'll labor night and day  
to be a pilgrim



# Message from Middle School Prefects and Student Committee

Distinguished Guests, respected Parents, honourable Teachers, and fellow Students, it is truly an honour to stand before you today as the Middle School Prefect and Committee Members. This year has been full of excitement, learning, growth, and most of all, unity.

First and foremost, to Class 6 and Form 2 students who sat their Common Entrance Exams this June, we are all so proud of your hard work, determination, and perseverance. You have truly set the bar for all of us, and we look forward to seeing you continue to excel in the years ahead. To the Class 5 and Form 1 students, your perseverance has not gone unnoticed. Keep striving towards greatness!

We also had some amazing trips and excursions that I'm sure many of us will never forget. The Form 2 trip to Kumasi was a journey through history, culture, and tradition, and the Form 1 trip to the Kwame Nkrumah Memorial Park allowed us to learn more about the great leader and his contributions to our country. Both trips gave us the chance to bond, learn, and grow outside the classroom.

Moreover, we celebrated French Day to embrace the language and culture through fun activities, food, and even drama skits that displayed the talents of so many of our fellow students. These events showcased our creativity and love for learning, and it was amazing to see everyone come together to celebrate the beauty of different cultures.

Looking ahead, we are excited to see all of you next term, especially the Form 2 students, who will be joining the senior school. It's an exciting next step in your academic journey, and we know you'll continue to do great things. To everyone here, remember that no matter the challenges we face, we will always rise stronger and more united.

Thank you all for your dedication, your energy, and your spirit this year.

Have a wonderful day, and may you all enjoy a restful and rejuvenating break.





# Our Year In Review

## ~Class 5

Year 5 has been an exciting and enriching journey. With the continuous support of our Form Tutors, we've grown both academically and personally—setting goals, overcoming challenges, and celebrating progress together.

In English, we developed our comprehension and vocabulary through the analysis of prose, poetry, and drama, while creative writing tasks pushed us to write imaginatively and communicate effectively. Science lessons covered topics such as life cycles, materials, habitats, separation techniques, and forces. Hands-on experiments helped us sharpen our inquiry and observation skills. In Maths, we explored topics from basic operations and geometry to fractions, decimals, percentages, and measurement. These lessons challenged our thinking and strengthened our mental strategies.

Social Studies took us through some of Ghana's ethnic groups, climate issues, and Buddhism, deepening our understanding of history, culture, and religion. A highlight was our visit to the Buddhist Temple, which enhanced our appreciation of diversity. Computing was equally engaging, as we built skills in digital literacy, programming, and data handling. Games and real-world applications made learning fun and meaningful. Our French lessons improved our speaking, reading, and writing through interactive topics like greeting, my home, chores and animals, while also introducing us to French culture.

In Art, we expressed our creativity through various forms including drawing, painting, pop art, collage, and origami, in a relaxed and inspiring atmosphere. Physical Education helped us build teamwork, confidence, and physical fitness through sports like basketball, football, volleyball, and athletics.

It's been a year full of growth, discovery, and memorable learning experiences.

# Our Year In Review

## ~Class 6

At the start of the year, we were filled with uncertainty — especially with the looming 11+ Exams. But we soon found our rhythm, embraced the challenges, and are now proud to celebrate our success. With the steady support of our teachers, we discovered just how much we were capable of achieving.

In Mathematics, we explored topics like Number Systems, Money, Geometry, Algebra, and practical applications such as speed and distance. Activities like International Pi Day made learning both fun and memorable! English was a transformational journey — we strengthened our reading, writing, and grammar skills, and brought *The Dilemma of a Ghost* to life through role play and performance! Science sparked our curiosity through hands-on learning in biology, chemistry, and physics — from microbes and matter to electricity and classification!

In French, we expanded our vocabulary and grew confident in everyday conversations, especially around food, drink, and daily life.

Art gave us space to express ourselves through drawing, sculpture, pastel painting, coiling, and paper modelling — experimenting with light, shadow, and form. Social Studies connected us to history, geography, and religion. We explored Ghana's ethnic roots, global economies, and the teachings and symbols of Christianity. Computing sharpened our digital skills through Scratch programming, data handling, robotics, and web design — fuelling our creativity and interest in technology. Physical Education was energetic and unifying, as we stayed active through basketball, volleyball, football, and teamwork-focused activities.

As we move into Form 1, we carry with us confidence, discipline, and the lessons this year has taught us. To our parents, teachers, and school leaders — thank you for guiding us every step of the way. The journey has been truly amazing!

# Our Year In Review

## ~Form 1

Stepping into Form One felt like entering a new world—full of nerves, excitement, and curiosity. Since then, it's been a journey of growth, laughter, learning, and unforgettable memories.

In English, we explored literature through classic novels like *Journey to the River Sea* and *In the Chest of a Woman*, discovering themes of empowerment and tradition. Creative writing, drama, and letter exchanges helped us find our voice. Maths challenged us with complex topics like Algebra, order of operations and Probability. We learned to spot patterns, apply logic, and present ideas creatively using models, graphs, and presentations. Science was a year of discovery—cells, body systems, materials, energy, forces, and electricity. Every experiment deepened our curiosity and understanding. In Computing, we explored cyber safety, binary, coding with Python, and even recorded our own podcasts—learning to think and communicate in new ways.

History taught us about Ghana's journey to independence and the impact of slavery, helping us connect past events to today's world. Geography brought the world to us—rivers, mountains, and human settlements expanded our perspective. Theology, Philosophy & Religion covered the six world religions through visits and creative projects, promoting empathy and understanding.

In French, we built confidence by speaking, learning vocabulary, and exploring culture in engaging lessons. Art lessons inspired creative expression through sketching, sculpture, pastels, and perspective, teaching us that creativity is more than colour—it's emotion and observation. PE lessons kept us active and disciplined, developing skills in football, basketball, volleyball, and hockey while teaching teamwork and school pride.

Form One has shaped us and we step into Form Two stronger, wiser, and full of memories we'll carry with us!



# Our Year In Review

## ~Form 2

As we gather to close the 2024/2025 academic year, it's hard to believe how fast time has flown. For us in Form 2, this has been a year of pressure, progress, and powerful memories. Of course, the UK ISEB Common Entrance Exams defined much of our journey. We began the year with confidence and prepared well with the support of our teachers and parents every step of the way. Before we knew it, it was mock season, then final revision and what a feeling of relief when it was all over! Absolutely unforgettable!

The Kumasi trip was a highlight — full of laughter, learning and bonding. We experienced the artistry of Bonwire, the history of Manhyia Palace, and the energy of Kejetia Market.

In the classroom, every subject helped shape us. Maths sharpened our minds with calm explanations and . lightning-speed drills. English came alive through Shakespeare and expressive writing, helping us find not just our voice but our confidence. Science lit our curiosity with hands-on experiments and lessons that exploded with energy. Geography took us around the world and History connected us to the past. TPR made us reflect on the importance of faith and values. Art nurtured our creativity and Computing transformed us into mini-developers. P.E. built our strength and spirit through teamwork and French brought language to life!

Each teacher poured time, care, and passion into helping us grow — not just academically, but as people. You've challenged us, believed in us, and guided us with patience and love.

THANK YOU!



# HEALTHY SMILES CAMPAIGN



This term, Macjohnson from Class 6 West delivered an insightful and engaging presentation on oral health and its importance. His talk highlighted essential tips for maintaining healthy teeth and gums, emphasising how good oral hygiene contributes to overall well-being.

In his presentation, he highlighted the importance of regular brushing and flossing to prevent cavities and gum disease, how diet affects dental health, including the impact of sugary foods and drinks. As well as the role of regular dental check-ups in early detection and prevention of oral problems.

To make his presentation even more memorable, Macjohnson gave each of his classmates a small gift — dental care kits containing a toothbrush, toothpaste, and floss. This kind gesture encouraged everyone to practice good oral hygiene and served as a lasting reminder of the valuable lessons shared.

Macjohnson's initiative not only educated his peers but also inspired them to take responsibility for their oral health. We commend his effort and look forward to more student-led presentations that promote wellness and positive habits throughout our school community.





# THE INNOVATORS

## Science Exhibition

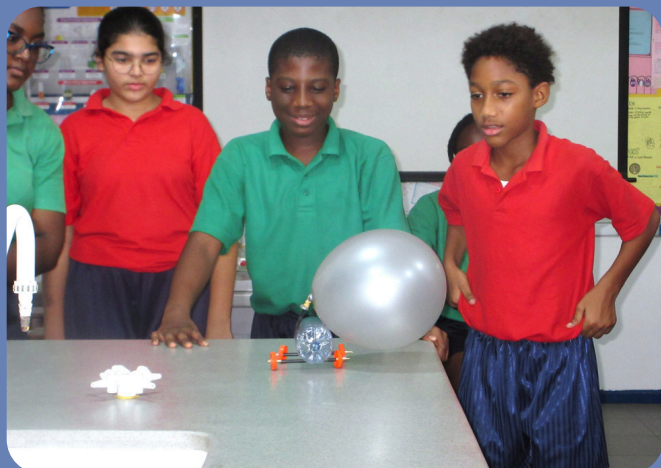
This term, our middle school students showcased their creativity and scientific understanding through an exciting Science Presentation event. Students designed and built impressive models and prototypes that brought their classroom lessons to life, demonstrating practical applications of science in everyday problem-solving.



Projects included a Hydraulic Press Model, where students constructed a working prototype illustrating the principles of hydraulics and pressure, showing how force can be multiplied using fluid mechanics. As well as an automatic Alarm System, which is an inventive project combining sensors and circuits to create a security device that alerts users automatically, highlighting concepts in electronics and automation.

These presentations encouraged students to apply theoretical knowledge from their science lessons to real-world challenges. It fostered critical thinking, teamwork, and problem-solving skills as students planned, built, and refined their prototypes.

This event not only celebrated student creativity but also inspired a passion for science and engineering. We look forward to nurturing these young innovators with more hands-on projects that challenge their minds and spark curiosity.



# Visit to the Buddhist Temple



This year, the Class 5 students embarked on an inspiring journey as part of their Theology, Philosophy, and Religion class. Through a series of visits to the local Buddhist temple ( Sen Myo Zan Hokkeji Temple) students experienced firsthand the teachings, traditions, and daily practices of Buddhism.

Students participated in guided temple tours, learning about the history and significance of Buddhist art, statues, and symbols. Monks and temple volunteers shared insights into meditation, mindfulness, and encouraged students to reflect on their own values and actions. Interactive sessions allowed students to ask questions about Buddhist beliefs, rituals, and the importance of compassion and non-violence.

Students learned the core principles of Buddhism, such as the Four Noble Truths and the concept of karma. As well as the role of meditation in fostering inner peace and focus. And also how Buddhist philosophy encourages respect, empathy, and thoughtful living.

Students gained a deeper appreciation for different worldviews and the importance of understanding diverse cultures and beliefs. These visits not only enriched our curriculum but also inspired students to bring lessons of kindness, reflection, and open-mindedness into their everyday lives.



# Kumasi Trip



This term, our Form 2 students set out on an exciting educational trip to Kumasi, the historic heart of the Ashanti Kingdom. The highlight of their journey was a visit to the Manhyia Palace Museum, where history came alive before their eyes.

Students explored the grand halls and vibrant exhibits of the Manhyia Palace Museum, once home to Ashanti kings. Guided tours introduced them to centuries-old artifacts, royal regalia, and traditional crafts, offering a glimpse into the rich culture and proud heritage of the Ashanti people.

They discovered how the palace served as a center for decision-making, ceremonies, and cultural preservation. Interactive sessions allowed students to ask questions, deepening their understanding of Ghana's past and the significance of preserving cultural heritage.

The Kumasi trip was more than just a day out—it was an unforgettable lesson in history, identity, and the value of learning from the past. Many students expressed newfound pride in their heritage and a greater appreciation for the traditions that shape their community. Our students returned inspired, eager to share their experiences and insights with friends and family.





# Kwame Nkrumah Memorial Park

As part of their History curriculum this term, our Form 1 students had the enriching opportunity to visit the Kwame Nkrumah Memorial Park in Accra. This iconic site is dedicated to Ghana's first President, Dr. Kwame Nkrumah, and stands on the historic grounds where Ghana declared independence from British colonial rule in 1957.

Students toured the beautifully designed mausoleum, which houses the final resting place of Dr. Nkrumah and his wife, Fathia Nkrumah. The building's design symbolises peace and unity, reflecting Nkrumah's vision for Ghana and Africa. Inside the museum, students viewed personal artifacts, photographs, and documents that trace Nkrumah's journey from a student abroad to a revolutionary leader who led Ghana to freedom.

Students gained a deeper understanding of Ghana's struggle for independence and the pivotal role played by Kwame Nkrumah. They appreciated the cultural symbols embedded in the park's architecture, such as the upside-down sword representing peace and the black star symbolising unity. The visit inspired reflections on leadership, patriotism, and the importance of preserving national heritage.

We look forward to more such immersive learning experiences that connect students with their heritage and inspire future leaders.



# Chess Competition



This term, our middle school students engaged in an exciting series of chess competitions designed to sharpen their strategic thinking and foster healthy competition. The tournaments provided a dynamic platform for students to test their skills, learn new tactics, and enjoy the intellectual challenge of chess.

Students were grouped by skill level and grade to ensure balanced and fair play, allowing everyone from beginners to advanced players to participate comfortably. Matches followed official chess rules, including proper movement, check, checkmate, and stalemate conditions, helping students apply what they have learned in class.

The tournaments encouraged critical thinking, patience, and sportsmanship among participants. Students developed better concentration and problem-solving abilities by analysing their opponents' moves and planning several steps ahead. The competitive yet friendly environment motivated many to improve their game and learn from each match.

By combining learning with competition, these chess events have become a valuable part of our school's extracurricular offerings, enriching students' educational experience beyond the classroom.





# Black History Concert

This term, to commemorate Black History Month, our school hosted a vibrant and inspiring Black History Concert that brought history, culture, and creativity to life. The event featured a series of engaging programs designed to honour the legacy of influential Black leaders and celebrate their contributions to the world.



The program involved students delivering compelling speeches from the perspectives of iconic figures such as Martin Luther King Jr., Rosa Parks, and other world leaders who played pivotal roles in the fight for civil rights and equality. These presentations offered deep insights into their struggles, courage, and enduring impact.

Similarly by adding energy and excitement to the event, a Form 2 student performed an electrifying Michael Jackson dance tribute, captivating the audience with impressive moves and stage presence.

Our Black History Month concert was a powerful reminder of the importance of remembering and honouring the past while inspiring positive change for the future. We look forward to continuing these meaningful celebrations that educate, entertain, and empower our students. The concert not only celebrated Black history but also inspired students to reflect on themes of justice, perseverance, and unity.





# Celebrating International Clean Energy Day



This term, to celebrate International Clean Energy Day, our middle school had a special visit from the team at Wahu Mobility, a company that makes electric bikes powered by batteries.

The Wahu team talked to us about how cars and motorcycles that use petrol or diesel create smoke. This smoke pollutes the air and harms our environment. By using electric bikes instead, we can reduce this smoke and help keep the air clean and healthy.

Students learnt that these bikes run on batteries that you can charge and use again. The bike has a pedal assist feature that helps you pedal with less effort. It also has a throttle so you can ride without pedaling if you want. The bike is strong and can ride on both city roads and rough paths.



The Wahu team brought a real electric bike to school and showed us how it works. It was exciting to see the bike up close and learn about the clean energy technology behind it.

By learning about clean energy and electric bikes, we understand how small changes can make a big difference in protecting our environment.





# French Day



Our Middle School joyfully celebrated French Day, showcasing the beauty and richness of French culture through a variety of exciting performances and activities.

Students performed a lively dance set to traditional French music, captivating everyone with their energy and rhythm. Short plays brought French stories and humour to life, helping us appreciate the language and culture in a fun way. Students recited classic French poems and sang popular French songs, adding a melodic touch to the festivities.

Students also had the wonderful opportunity to sample some delicious French delicacies, including: Croissants, Quiche and Baguettes.

French Day helps us explore a new language and culture, broadening our horizons and encouraging us to appreciate diversity. It's a fun way to learn and celebrate the global community we are a part of. We look forward to more exciting French Day celebrations filled with music, dance, food, and friendship.

Vive la France!





# International Pi Day



To mark International Pi Day, the entire school dedicated the day to a thrilling series of maths competitions that brought out the best in our students' problem-solving skills and love for mathematics.

Middle school students participated in a highly competitive game consisting of multiple challenging rounds. The competition tested their knowledge, speed, and teamwork, making the event both fun and educational.

For the first time, this year's Pi Day included a Pi Recital, where students showcased their memorisation skills by reciting as many digits of pi as they could. It was an impressive display of dedication and focus!



After many intense rounds of questioning and challenges, the Cobras emerged as this year's champions in the middle school category. We look forward to next year's Pi Day with even more exciting challenges and celebrations. Keep practising your maths skills and get ready to join the fun again!



# Meeting Veterans



This year, our Form 1 students had the special opportunity to personally interact with a group of Ghanaian military veterans to discuss the impact of war and the importance of peace and diplomacy during our commemoration of Remembrance Day.

The session was designed to be interactive, allowing students to ask questions and learn firsthand about the experiences and sacrifices of those who have served. Meeting with veterans gave our students a deeper appreciation of the sacrifices made for peace and freedom. It also provided valuable insights into history, character, and the importance of service.



Students engaged directly with the veterans, asking thoughtful questions about their service, challenges, and lessons learned. We hope to continue organising such meaningful interactions that connect students with real-life heroes, enriching their education and inspiring their futures.



# Abolition of Slavery

## Our Moot Court



This year, alongside their history lessons and drama activities, our middle school students presented a powerful Moot Court play highlighting the abolition of slavery. This creative project combined learning with performance, making history both engaging and memorable.

Students took on roles as lawyers, judges, and witnesses, reenacting important arguments from the fight to end slavery. The play was not only entertaining but also offered valuable lessons about justice, human rights, and the importance of standing up for what is right. Participants worked together to prepare their parts, demonstrating impressive creativity and collaboration.

Through this immersive experience, students gained a deeper understanding of the historical struggle to abolish slavery and the ongoing importance of equality and freedom in society today.



We are proud of our students' dedication and look forward to more projects that combine learning with creativity to inspire and educate.





# Interhouse Spelling Bee

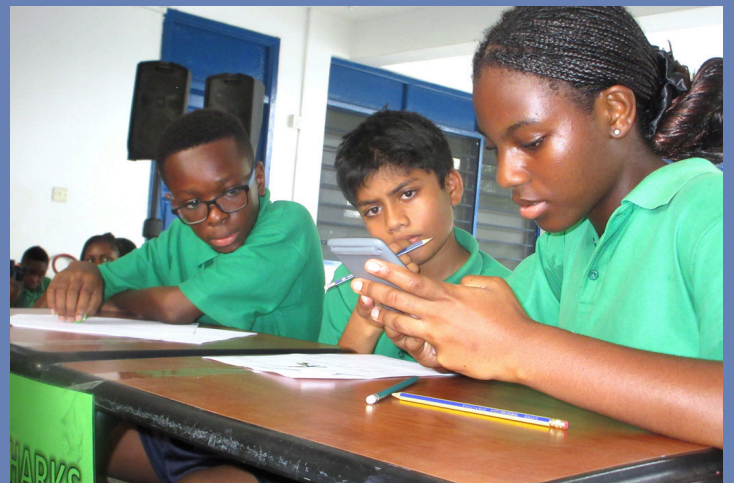


With every round, the competition grew more intense and the words more challenging. Cheers and applause filled the room as students spelled their way through tricky terms, demonstrating not just knowledge, but also courage and composure under pressure.

After a thrilling final round, the Hawks soared to victory, earning the title of Spelling Bee Champions!

We can't wait to see what next year's competition brings. Until then, keep spelling, keep learning, and keep soaring!

This term, our middle school students put their spelling skills to the test in the much-anticipated Interhouse Spelling Bee Competition! The atmosphere was electric as representatives from each house stepped up to the stage, ready to showcase their vocabulary and quick thinking.





# Interfaith Harmony Day



This year, TRRS proudly marked Interfaith Harmony Day with a heartfelt commitment to fostering unity and creating a safe, inclusive environment where every individual—regardless of their religious background—feels valued and respected.

During our morning assembly, the Social Studies Department led a powerful reflection on the importance of peace, tolerance, and understanding in today's diverse world. Recognising that religious differences can sometimes lead to conflict, students and staff were encouraged to look beyond labels and focus on the shared values that unite us all: kindness, compassion, and fairness.

The day's activities included inspiring student presentations and heartfelt poems centred on religious tolerance, highlighting the beauty of diversity and the strength found in mutual respect. These expressions of empathy and solidarity aimed to bridge divides and nurture a spirit of harmony within our school community.

The observance of Interfaith Harmony Day at TRRS serves as a vital reminder of the ongoing need for understanding and collaboration across religious boundaries—building stronger, more peaceful communities today and for the future. Together, we celebrate our differences and embrace the common humanity that connects us all.



# Drama & Storytelling

This term, our middle school students thrilled audiences with a vibrant showcase celebrating drama, poetry, and culture. We embarked on a captivating journey through timeless stories that delve into themes of justice, identity, wisdom, and the consequences of greed.



The performance featured a diverse repertoire, from the classic Shakespearean drama, 'The Merchant of Venice' to the poignant Ghanaian play 'Dilemma of a Ghost', culminating in the legendary African folktale 'Ananse and the Pot of Wisdom'. Each piece offered unique insights and sparked meaningful conversations among students and viewers alike.



Through this showcase, our students not only displayed their artistic talents but also deepened their understanding of cultural heritage and universal human values. It was an inspiring celebration of storytelling that bridges past and present, connecting us all through shared experiences







# Reflecting on our Learning...

*‘Learning...Through the Eyes of Our Learners’ is a monthly TRRS publication that captures and celebrates various forms of learning school-wide.*

*It nurtures pupil creativity and encourages our children to reflect and connect their diverse experiences in school with their learning and development.*

*Submissions are shortlisted and published on our website and displayed around our school campus.*

*Here are a few excerpts of outstanding entries from the Middle School!*

# Adoma Ntoaso - Akinkra

## Symbols Reflection

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 (Form 2 East)

# Kumasi Trip: Diary Entry

## ***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 ...***

## ***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.

By: Aaron Agbesi (F2E)



# What 'Journey to the River Sea' Taught Me

When my English teacher first handed me our class reader *Journey to the River Sea* by Eva Ibbotson, I thought it would be just another ordinary story. But as I turned each page, I was drawn into a world filled with adventure, courage, and self-discovery.

Through the journey of Maia, a young orphan sent from England to live with relatives in the Amazon rainforest, I learned powerful lessons about being different, showing kindness, and standing up for myself and others. One of the most important lessons I took from this book was the importance of embracing who I am, even if I am different from those around me.

Maia finds herself in a strange and unfamiliar environment, far from home and surrounded by people who don't understand her. Yet, she never tries to change who she is. She continues to be curious, passionate about learning, and open to new experiences, even when the people around her, like the selfish Carter family don't support her. Maia showed me that it's okay to be different. Being true to yourself, even in difficult circumstances, is a kind of strength. Another lesson I learned from the story is the importance of kindness. Throughout the book, Maia treats others with warmth and compassion. Whether it's helping Clovis, a boy who feels lost and alone, or becoming close friends with Finn, who is hiding from a future he doesn't want, Maia's kindness helps her form meaningful relationships. Even though the Carters are cruel to her, she doesn't let that change the way she treats others. This reminded me that showing kindness, no matter how others behave, is a powerful way to create trust and build lasting friendships.

Finally, *Journey to the River Sea* taught me about courage and the importance of standing up for myself and what I believe in. Maia never lets the Carters control her, and she is brave enough to help Finn escape a life he doesn't want. Her courage inspired me to stand strong, even when it's hard. She didn't just follow rules or do what she was told, she thought for herself and chose what was right, even when it was risky. That kind of bravery is something I admire and want to practice in my own life. Reading this book opened my eyes to how strength, kindness, and resilience can help us through even the most difficult challenges.

Maia's story encouraged me to embrace my differences, treat people with empathy, and never be afraid to speak up for what I believe in. *Journey to the River Sea* may have started out as just a book, but in the end, it became a guide for how I want to grow as a person.

Nicole Mpuah (Form 1 West)



# Our Visit to the Buddhist Temple

On the 13th of May, the we went on an exciting and eye-opening school trip to the Mahayana Buddhist Temple in Accra, also known as the Senmyo Zan Hokkeji Temple.

As part of our Religious Education lessons, all the classes in the school are learning about different religions. Our class got the special opportunity to learn more about Buddhism, and I was very happy to be part of this experience. The journey to the temple took a while, but it was interesting to watch the world go by as we travelled. On the way, I saw many things like colourful ‘trotros’ zooming past, bright billboards advertising phones and drinks, people on motorbikes, and busy street sellers calling out their items. Accra was as lively as ever!

When we finally arrived at the temple, I was excited, curious, and a bit nervous. But as soon as I stepped out of the bus, I felt calm. The temple grounds were so quiet and peaceful. That really surprised me because it felt so different from the noisy streets we had just come from. Everything looked neat and well-organised. The temple building had beautiful architecture, and there were statues and symbols that gave the place a gentle, sacred feeling. It felt welcoming and peaceful. A kind man named Mr. Nana Tiekku, who is a Ghanaian Buddhist, welcomed us and explained many things to us. He told us about the history of the temple, how it was built, and how people practice Buddhism in Ghana. He also shared some of the beliefs that Buddhists follow in their daily lives. One thing he explained that stayed with me was the idea of karma: the law of cause and effect. It means that the things we do, whether good or bad, will eventually come back to us. That made me think deeply about how important it is to be kind and honest every day, not just when someone is watching. Mr. Tiekku also spoke about the importance of peace, meditation, and being mindful.

Buddhists believe in living a calm and respectful life, and that really inspired me. We also watched a short video about how the temple was built and how Buddhists in Ghana stay connected to their religion. It was interesting to learn that even though Buddhism started in Asia, there are followers right here in Ghana. The video showed images of monks meditating and people visiting the temple to pray, offer food, and find peace.

The trip taught me that all religions are special in their own way and deserve to be respected. Just because someone worships differently from me doesn’t make their beliefs wrong. Religious tolerance is when we accept other people’s religions and traditions without judging them, and I think that’s something the whole world needs more of. Even though the trip was fun and full of learning, I secretly wished we had more time. I wanted to ask more questions and maybe see a little bit more of what happens during a real Buddhist prayer time. Still, I will always remember this experience and how it made me feel. I am truly grateful for the visit, and I will cherish the memory for a long time.

# My Reflection on Identity and Equality

Reading our class novel *In the Chest of a Woman* felt like opening a door to a world I had never seen before. It is a powerful and moving play written by Efo Kodjo Mawugbe.

The story takes place in the ancient Ashanti Kingdom and follows a brave woman named Nana Yaa Kyeretwie. She does something very bold and unusual; she raises her daughter as a boy so that she can one day become king of the Ebusa Kingdom. In those times, only boys were allowed to rule, but Nana Yaa didn't think that was fair. She wanted her daughter to have the same chance that a son would have.

What I found most inspiring about the play was how strong and determined Nana Yaa was. She didn't just accept what society told her was possible for women. Instead, she fought back in her own way. This made me think a lot about how, even today, girls and boys are sometimes treated differently just because of their gender. It's strange how something as simple as being a girl or boy can affect what people expect from you. I believe that everyone should be free to choose their own path, no matter what gender they are.

The play also made me think about secrets and the weight they carry. Nana Yaa kept a huge secret from her daughter; one that affected her entire life. As I read, I wondered what it must have felt like for both mother and daughter. On one hand, Nana Yaa was trying to protect her child, but on the other hand, hiding the truth can sometimes cause even more pain. It reminded me that being honest and brave in our choices is not always easy, but it is important.

Even though the story talks about serious topics like gender inequality and identity, it was also fun to read. There were many moments that made me smile or even laugh. Efo Mawugbe's writing style is really clever. He plays with words in a way that makes the story enjoyable and keeps you thinking. His creativity made the play feel alive, like I was really there with the characters.

I also liked how the play explored the idea of leadership. It made me ask myself: what makes a good leader? Is it being strong, being smart, or being born into the right family? Or is it about being kind, brave, and fair? The character of the daughter, who grows up believing she is a boy, shows that anyone can be a great leader if they are given the chance and believe in themselves.

In conclusion, *In the Chest of a Woman* is more than just a story. It is a lesson about life, fairness, and courage. It showed me how powerful women can be and how important it is to stand up for what you believe in, even when the world tells you no. I think this play will stay with me for a long time because it opened my eyes to issues that are still real today. Everyone should read stories like this because they help us grow, think, and imagine a better future where everyone is treated equally.

By Sandra El-Halabi (Form 1 East)



