



Learning Through the Eyes of Our Learners

OCTOBER 2025



THE UNSUNG HEROES OF MY CLASSROOM

Sometimes I wonder... how do we always have what we need? How is the classroom so clean and organised? It's not magic, it's because of the silent heroes right in front of our eyes. One of the most underrated heroes in our class is the class rep. They are very special. When we go to our lockers, we move in an orderly line and that may seem simple, but it takes real leadership.

The class rep speaks for all of us. They take our ideas one by one, listen to what we think, and share those ideas with pride. They help keep the class running smoothly and always support students who need help. They remind us about important things, like when homework is due or when we have a test coming up. If someone is absent, they check on them and help them catch up.

Even when things get stressful or busy, they stay calm and focused. They don't complain. They just do their job with a smile. That's what makes them a true hero. They don't do it for praise or rewards. They do it because they care. Another unsung hero is the buddy monitor. When someone is feeling down, the buddy monitor is there to lift them up. They make sure everyone feels safe and included. They give a helping hand and are always ready to listen. In and out of the classroom, they are like guardian angels who catch us when we fall. When someone is unkind, the buddy monitor reminds them to treat others with care and kindness. They help make our class a happy and safe place for everyone.



That's why I think buddy monitors are real heroes too. They don't just spread kindness; they teach us how to be better people. Being a buddy monitor isn't just about being nice. It's about being a true friend to everyone. Then there's the resource monitor. Whether you need a pencil, a pen, or an extra book, they're ready to help even if no one notices. They make sure everything is neat and in the right place. After lessons, they collect materials, arrange them properly, and make sure nothing gets lost.

If someone forgets something, they are the first to help. They are organised, responsible, and always alert. They don't just take care of their own things; they make sure the whole class is prepared. That's why the resource monitor is another true classroom hero. They help us learn better by making sure we have everything we need, right when we need it. Every class has people who care, help, and spread love.

Every class has angels, always watching out for others. But these heroes, the class rep, the buddy monitor, and the resource monitor are extra special. The class rep leads with pride, making sure our voices are heard. The buddy monitor spreads kindness like sunshine on a rainy day. The resource monitor keeps us organised and ready to learn. They all help us, even in the hardest times, and that's what makes them the unsung heroes of our classroom.

Fauzan Ali- F1A



THE DAY I STARTED TO BELIEVE

Dear teacher,

You didn't know this, but the day you said, 'I see potential in you,' it almost gave me a shock in my heart, in a good way. I still remember that moment like it just happened yesterday. Even though, deep down, I had already given up, something changed after you said that. I had felt like I wasn't as good as the others, and I started to believe I would never catch up. But then, when you said those words, they stuck with me. You didn't let me stay in that sad place.

You pushed me to keep trying, even when I thought it was useless. That push really motivated me. It made me want to prove to myself, and maybe even to you, that I could do better. And you might be surprised to hear this, but I actually took my work home that day and rewrote everything. I didn't do it because I had to. I did it because I wanted to. I wanted to get better. The next day, when I came to school, I felt different. I felt like a king sitting on his royal throne, ready to rule the classroom!

I walked in and started answering questions without waiting for someone else to go first. Something inside me has changed. Every time I thought of giving up again, I remembered your words: 'I see potential in you.' It became my little, secret energiser. You probably don't know how much those five words meant to me, but I'll try to explain. They didn't just help me with schoolwork.



BELIEVE

YOU CAN

They helped me with me. I started feeling more confident not only in class but also when I was around other kids. I even started making new friends, something I used to be nervous about. There was one moment I'll never forget. I had finished a piece of work I was really proud of, and I wanted to show it to you.

But as I stood outside your class holding my jotter, my hands were shaking. I kept thinking, "What if it's not good enough? What if you're disappointed? But even though I was scared, I decided to do it anyway. When I finally handed you the book and saw your smile, I felt like I had just won a trophy. That small smile told me I had done something right. From that day on, I felt like a new person.

People around the school started to notice me more. I became more cheerful, more helpful, and more willing to try new things. What I've learned is that sometimes, the best subject a teacher can teach isn't reading or maths; it's courage. That's what you taught me without even knowing it. Thank you for that.

Sincerely,

A student who finally believed in himself.



Barima Danso-Misa - F1W



TWO DAYS, TEN KILOMETRES, AND A THOUSAND MEMORIES

As part of the Duke of Edinburgh's Award programme, five of us took part in a two-day hiking expedition to Aburi – an experience that turned out to be both challenging and unforgettable. We began with a 10-kilometre trek through the hilly Aburi landscape, heading toward Safari Eco Park. It was a beautiful day; the sun was bright, the air was fresh and crisp and the conversations and laughter among us made the hike seem shorter. The trail was definitely demanding, but the sense of teamwork kept everyone going.

Every time one of us felt like stopping, another was there with a word of encouragement or a shared laugh. Along the way, we admired the scenery – a mix of forest paths, small farms, and open views of the valley below. Reaching Safari Eco Park felt like an achievement on its own, and from there we continued to a nearby waterfall, where the cool water and quiet surroundings made for the perfect rest stop. We sat for a while, dipped our feet in the stream, and just took in the view. It was peaceful and refreshing after the long hike.

In the evening, we arrived at a guest house where we spent the night, tired but proud of how far we had come. Later, we went out to interact with members of the local community. Speaking with them gave us a glimpse into daily life in the area and reminded us that the Duke of Edinburgh's Award programme is not only about endurance but also about service and connection. The trip taught me a lot about perseverance, teamwork, and appreciation for nature. It pushed me outside my comfort zone and made me realise how rewarding such challenges can be. I came back not just with tired legs, but with a full heart and a stronger belief in myself. I would definitely recommend the Duke of Edinburgh's Award programme to anyone who enjoys adventure, learning, and a bit of self-discovery along the way.



Tseofelejormor Adjei - U6A



STEPS OF STRENGTH: MY DUKE OF EDINBURGH EXPERIENCE

Earlier this month, I had the privilege of going on the Duke of Edinburgh expedition, and honestly, I was so excited about it. I had been looking forward to it for days, especially because I was going with my friends. We couldn't stop talking about it beforehand, and the thought of hiking together and spending time outdoors made me even more eager to go.

When the day finally came, we started our hike full of energy and laughter. The plan was to cover about 11 km, which sounded okay at first—but it turned out to be a lot tougher than I expected! We tried to keep a good pace, but we definitely needed several breaks along the way, especially the girls. At one point, we all sat down and shared tangerines, which felt like the best snack ever in that moment.

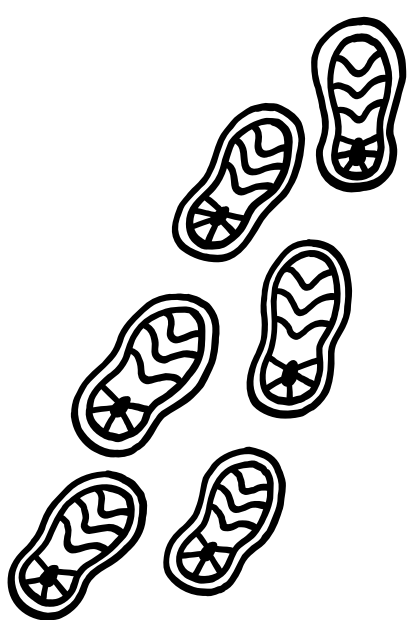
It gave us just enough energy to keep going. Towards the end of the hike, I was so tired that I honestly thought I couldn't take another step. My legs were aching, and it felt like the trail would never end. But somehow, I managed to push through with the support of my friends, and when we finally reached our destination,

I felt so proud of myself. It was such a good feeling knowing I didn't give up, even when I really wanted to. The highlight of the whole expedition was definitely visiting the waterfalls.



It was so beautiful and peaceful there—just hearing the water and feeling the cool air made all the hard work worth it. We took a lot of pictures and even went into the water for a while, which was so refreshing after the long hike. We also got to talk to some of the local children nearby, and they were really friendly.

That small interaction made the experience even more memorable. Looking back, the expedition was tiring, but so much fun. I learned that I am more capable than I first believed of myself, and I'll always remember that. Also, the laughs, the struggles, and the moments we shared as a team were truly memorable. I am really proud of what I achieved, and I can't wait for the next adventure!



Malavika Santhosh - U6E



ZONTA INTERNATIONAL CELEBRATES 55 YEARS OF EMPOWERING WOMEN IN AFRICA

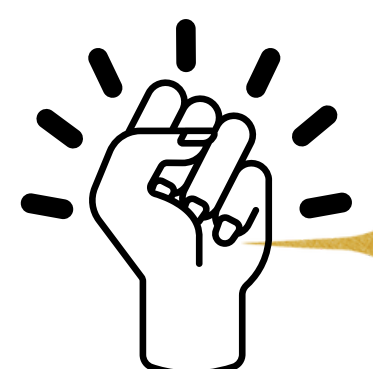
I had the honour of attending the opening ceremony of the 27th Zonta International District 18 Conference in Accra. This event marked a major milestone, the celebration of 55 years of Zonta's presence in Africa under the theme "Realising Equality: Building for an Even Brighter Future for Women and Girls in Africa."

The conference brought together dignitaries, members, and guests from across the continent, uniting under one purpose: to strengthen the movement for gender equality and empowerment of women in Africa.

Zonta International District 18, which includes countries such as Ghana, Nigeria, Benin, Togo, Côte d'Ivoire, Uganda, and Senegal, was established to promote the organisation's mission across Africa.

The celebration of 55 years was particularly symbolic, as Zonta's first African club was founded in Accra in 1970 by the late Barbara Baeta, alongside Frances Ademola, Mrs. Rachel Phillips, Dr. Christine Debrah, Mrs. Ruth Adjorlolo, and Emily Senalor. These women laid the foundation for Zonta's enduring presence on the continent, building a legacy of service, advocacy, and education for women and girls.

The programme began with the arrival of Zontians and invited guests, followed by a warm welcome from the MC, Ms. Chrystal Kwame Aryee. The national anthems of Ghana and Finland were performed to represent both the host nation and Zonta International's global roots.



The purpose of the gathering was presented by Co-Chairs Yvette Adunvo Atekpe and Clara Browne, while former District Governor Stella Bentsi Enchill led the Zonta Invocation. A vibrant flag parade then followed, featuring representatives from different African nations waving their flags with pride, dressed in colourful traditional attire, a lively celebration of unity and diversity that reflected Zonta's shared vision across cultures and borders.

One of the most memorable parts of the ceremony was the cultural performance by the Mpannisem Cultural Troupe, who presented a traditional Ghanaian dance, Adowa, accompanied by rhythmic drumming and storytelling. The performance beautifully showcased the richness of African culture and symbolised the harmony between tradition and progress, a message that resonated deeply with the day's theme of empowerment.

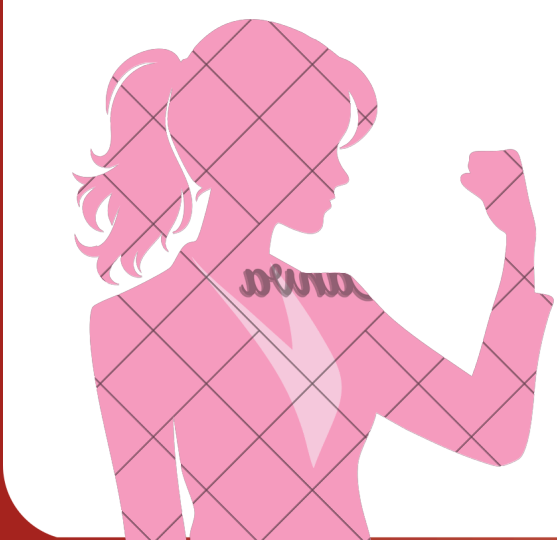
Speeches were delivered by several distinguished guests, including District 18 Governor Opeibea Omaboe, Zonta International President Salla Tuominen, and the Vice-President of the Republic of Ghana, H.E. Prof. Jane Naana Opoku-Agyemang, who served as the Special Guest of Honour. In her address, the Vice-President urged women's groups to continue investing in education, entrepreneurship, and particularly in STEM for young girls. She emphasised that empowering women through education and technology is essential for Africa's sustainable development, calling on organisations like Zonta to continue leading initiatives that break barriers for women and girls.



One of the most significant moments of the day was the launch of the District 18 STEM Project, an initiative designed to support young girls pursuing STEM-related education and careers. The project, introduced by Past President Yaa Okudzeto, will provide bursaries and mentorship to 50 underprivileged girls in Ghana, enabling them to pursue higher education and training in science and technology.

This project demonstrates Zonta's practical commitment to gender equality, transforming words into measurable action. The event also included a heartfelt tribute to Zonta's African pioneers, particularly former District Governor Barbara Baeta and former International President Folake Solanke (SAN). Their leadership and dedication paved the way for African women to take up positions of influence within Zonta International and beyond.

As their achievements were recounted, it was evident that their legacy continues to inspire new generations of women leaders across the continent. The ceremony concluded with announcements, acknowledgements, a vote of thanks by Zontian Ewurama Dawson Amoah, and a photography session that captured the sense of unity and pride among attendees. It was an uplifting and memorable event that combined celebration, culture, and inspiration.



Reflecting on the experience, I left the event feeling truly motivated. Seeing powerful women from across Africa and beyond gather to champion equality was inspiring. The conference highlighted how progress for women is not only about leadership positions or policies but also about education, representation, and cultural pride. The launch of the STEM Project particularly stood out to me. As someone who values education and technology, I found it powerful to witness an initiative that gives real opportunities to girls who might otherwise be left behind.

The event also reminded me that empowerment begins with awareness. Hearing the stories of pioneers like Barbara Baeta and Folake Solanke showed how much dedication and courage it takes to create change. Their journeys illustrated that one person's effort can transform an entire generation. The cultural performances reinforced that empowerment does not mean abandoning our traditions but embracing them as part of our identity.

Overall, attending the Zonta International District 18 Conference was an unforgettable experience. It celebrated Africa's achievements while setting the stage for an even brighter future for women and girls. It was more than a ceremony. It was a call to action, reminding every young person in the audience, including myself, that equality is not just an ideal, but a responsibility we all share.



Elham Hamza -U6A



EVERY WORD, A STEP TOWARD VICTORY

When we first signed up for the Capital Market Youth Debate, we never imagined the journey that awaited us. We thought it would be a small inter-school contest; a friendly exchange of ideas between two schools. But soon, we learned that this was no ordinary debate. We were to present our arguments at the Ghana Stock Exchange, before dignitaries, professionals, and judges whose very presence commanded awe.

What began as excitement quickly transformed into a mixture of fear, curiosity, and determination. The preparation process was intense, clearly far more demanding than we anticipated. We spent hours in discussion rooms with our coaches, crafting and refining every argument until our words carried both logic and conviction. Meetings stretched late into the evening; our notebooks filled with crossed-out lines, facts, and rebuttals.

There were moments when we felt drained, our minds and voices worn out, yet we pressed on. We knew we were carrying not just our own hopes, but the pride of our entire school. Then, just when we thought we were ready, came the most shocking twist: we had to memorise our essays – completely. No scripts, no cue cards, nothing but our memories and our courage.



The news hit us like a wave. Panic set in. We stared at each other in disbelief, wondering how we would possibly manage it in time. But somehow, we found our rhythm. We stayed up long past midnight, reciting to ourselves, whispering our speeches into the silence of the night, determined to make every word stick.

Our panic slowly turned into confidence, and our fear became fearless. The day of the debate arrived, and as we stood backstage, we could feel our hearts beating in sync. The hall was filled with important faces, cameras flashing, and an air of expectation. When the first speaker stepped forward, the tension in our chests eased just a little.

Each word that followed carried not just facts and logic, but pride, faith, and the spirit of unity. We were no longer just students; in that moment we were voices for our school, standing tall and unafraid. Then came the announcement — a tie. The entire hall held its breath. It would come down to a single tiebreaker, one last vote that would decide everything.

We waited, our hands clasped tightly, praying silently. And then the words we had hoped for — we had won. The wave of joy that washed over us was indescribable. We screamed, laughed, hugged one another, unable to hold back tears of happiness.



The moment that sealed it all was receiving our medals and prizes on the stage. The weight of the medal around our necks felt like more than just metal; it was the weight of every sleepless night, every word rehearsed, every moment of doubt turned into triumph. As the applause echoed through the room, we stood there, smiling through tears, our hearts full.

We had done it! Looking back, this experience was more than just a debate. It was a journey of courage, resilience, and growth. We learned that true excellence is born not from ease, but from perseverance. That confidence doesn't mean the absence of fear — it means moving forward in spite of it.

To anyone reading this who has ever hesitated to try something new, this message is for you: step out of your comfort zone. The things that scare you most often lead to your greatest moments. We stepped out, and we discovered strength we didn't know we had. We are endlessly grateful to our coaches for their guidance, our teachers for their faith, our teammates for their commitment, and our school for the platform to shine.

Together, we didn't just win a debate; we made memories, built confidence, and raised high the proud name of The Roman Ridge School. And that victory, that feeling of unity and triumph, will stay with us forever.



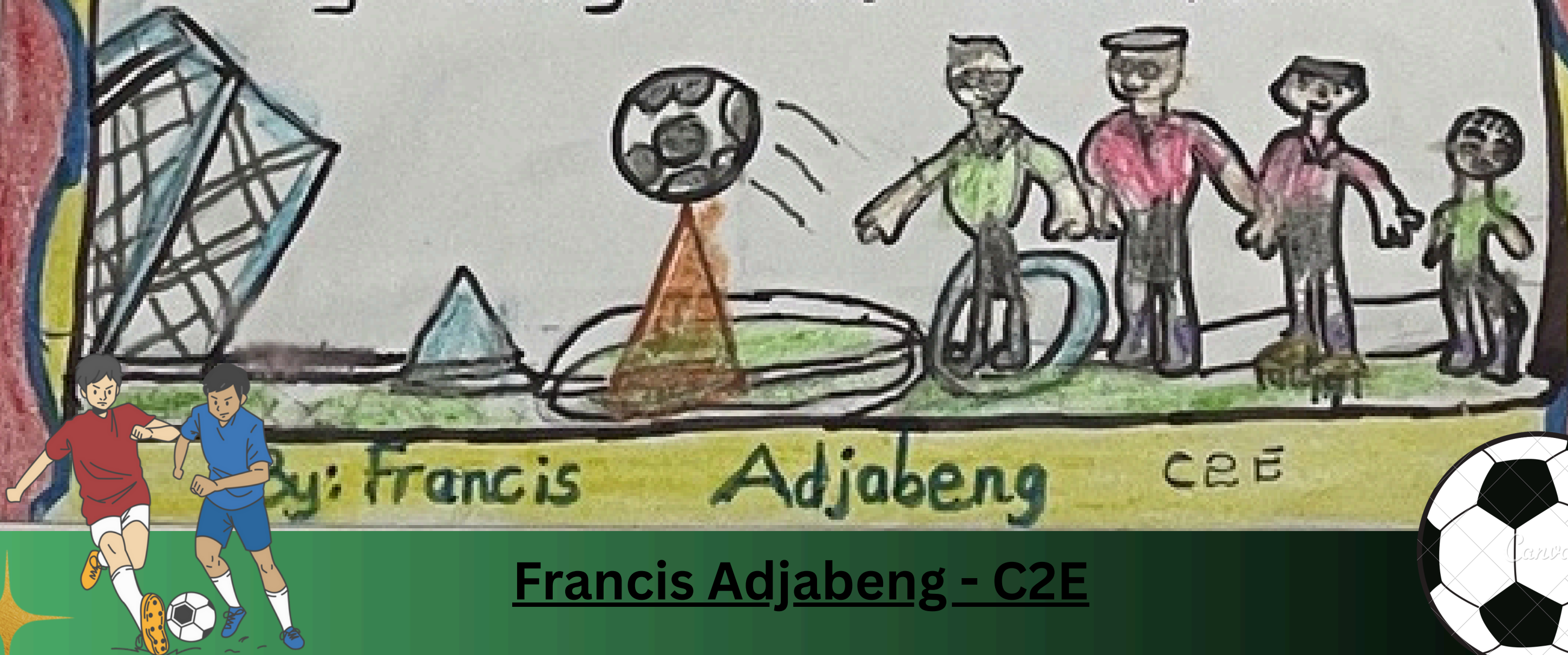
Marissa Siriboe - L6A



MY P.E ADVENTURE

I love Physical Education (P.E), because, we get to move our bodies which makes us stronger and play super fun games. At the start, we get to warm up by jogging around the field.

We played a fun game that Coach Albert thought us which helps us to target cones by throwing a ball. The game is "scroo scroo Scrooloolo". It's all about teamwork during play. It feels much better when we cheer each other. Running and kicking the ball makes us feel a little tired, but mostly I feel sunny and happy. P.E has taught me to control my body and be a good friend. I will make my own game and call it "Fa fa falala".



By: Francis

Adjabeng

C2E

Francis Adjabeng - C2E



My exciting P.E

I love P.E, it is one of my favourites because we get to do jumping jacks push ups and also play football together. P.E makes us sweat a lot and makes us very strong! When you exercise everyday, you won't get sick. When you do P.E, you get used to it!



We have P.E after snack and lunch. It's mostly fun during P.E lessons. It is the best because I get to stay smart too. "All work and no play, makes Jack a dull boy!"

BY: ARIANNA OWUSU

Arianna Owusu - C2E

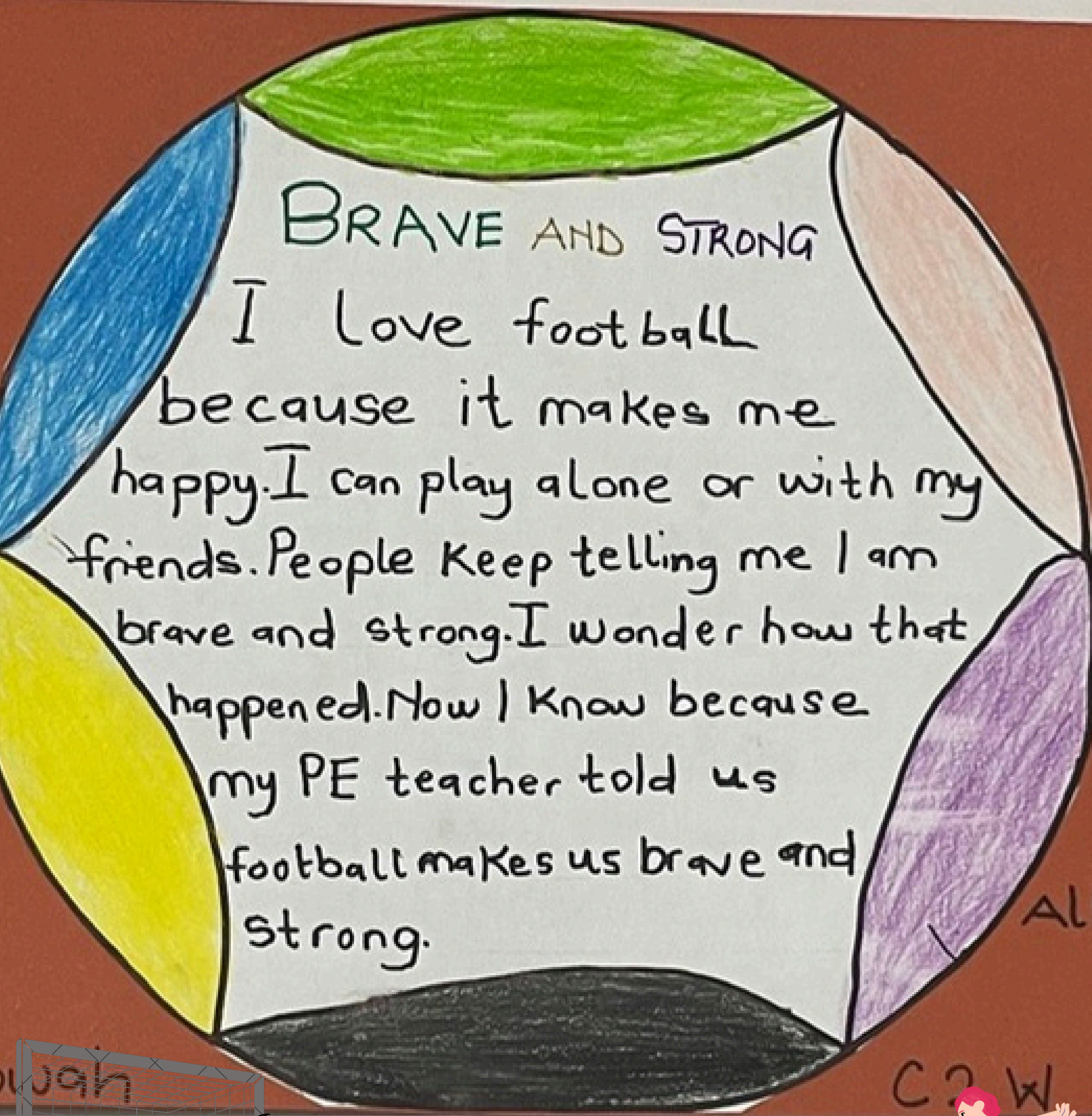


My Fun Time with The Odd One Out Using Position

The lesson on identifying the odd one out helped me understand how to look carefully at the position of objects in a sequence. I was able to notice when one item was placed differently from the others and explain my reasoning. This showed me good development in observation and my thinking skills.

Overall, the activity done by my group encouraged teamwork, critical thinking and clear explanation of ideas. By Alina Adjei





Alister Sowah - C2W



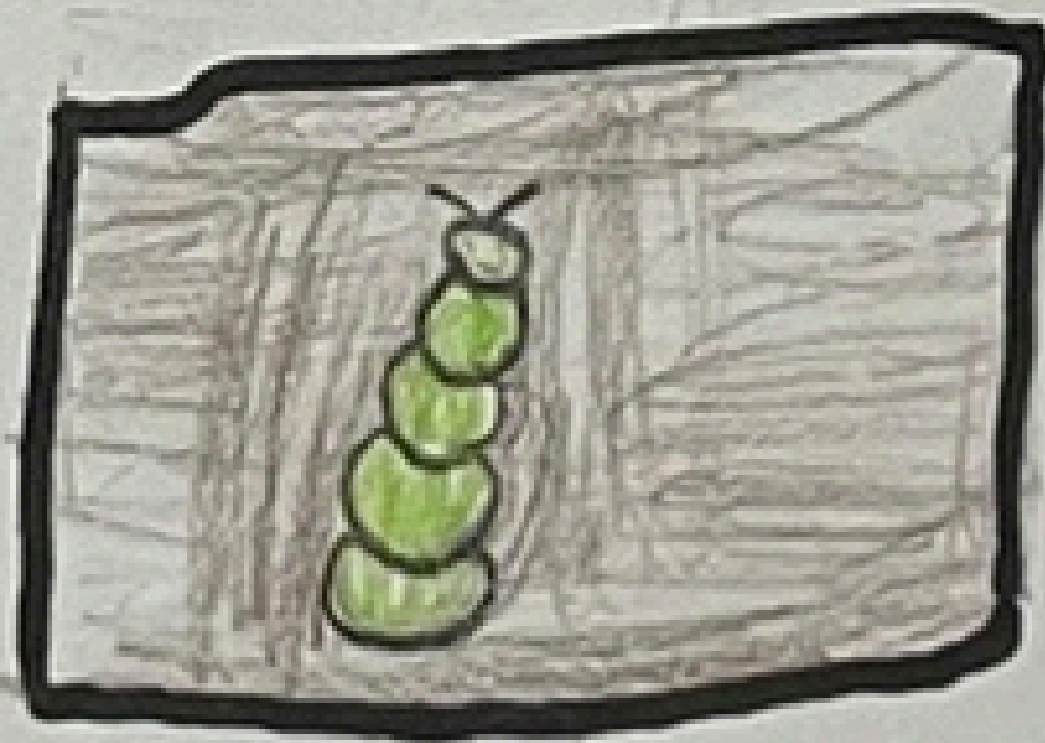
Science

Micro Habitats

Hello! It is so fun learning science in class2
I am going to tell you about micro habitats. Come
on lets have a journey through micro habitats.
Micro habitat is a habitat with tiny insects such
as: caterpillars, ants, worms, maggots and some
other bugs and insects. So today I decided
to search for some micro habitats in the school,
and guess what, beside the turf, an ant hill and
beneath a little rock were so many insects. Amazing!
Isn't it? Now I am going to class, bye see you next time



A ladybird



A worm

ELEANOR ANATOVI - KELVIN C2E

*The beautiful thing about learning is nobody can take
it from you.
-B.B. King*