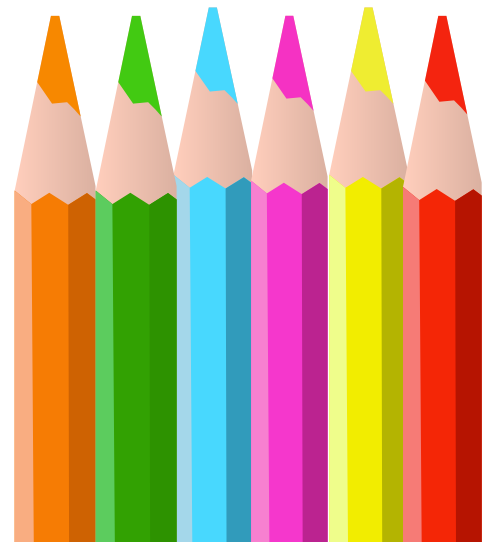




Learning Through the Eyes of Our Learners

September 2026
Edition



GROWING IN CONFIDENCE

Every new term brings with it an opportunity to pause, reflect and think about the person we are becoming. For me, this term has been about more than simply getting through my responsibilities at school. It has been about challenging myself, becoming more confident, and learning to take greater responsibility for my own growth. Looking back at the goals I set for myself, I can see areas where I have made progress, as well as areas where I still have work to do.

This term, I have been working towards becoming a more confident, responsible, and well-rounded person. One of my main goals has been to become more involved in school and to be less afraid of taking on new opportunities and responsibilities. I have realised that personal growth often begins when we are willing to step outside what feels comfortable and try something new.

Since returning to school, I have been making a conscious effort to participate more in activities such as Model United Nations (MUN). MUN has challenged me to communicate my ideas clearly, work with different people and, at times, step outside my comfort zone.

Speaking up and contributing my ideas has not always felt easy, but each experience has made me a little more comfortable expressing myself. I have also learned that being involved is not simply about having your voice heard. It is about being willing to contribute, listen to others, work as part of a team, and take responsibility.

Another goal I have been working towards is becoming more disciplined and consistent. I have been trying to manage my time better; stay focused on the things I need to accomplish and avoid leaving everything until the last minute. This is something I am still working on, but I have started to understand that achieving my goals requires more than simply having good intentions. It requires consistency, even on days when I am tired, distracted, or not particularly motivated.

The progress I am most proud of so far is the growth in my confidence and my willingness to put myself forward. I feel that I am becoming more comfortable speaking up, taking part in activities and interacting with people outside my usual circle. I have realised that confidence does not necessarily mean never feeling nervous. Sometimes, it means being nervous and choosing to participate anyway.

I still have areas I want to improve, particularly my consistency and time management, but I am proud that I am making a genuine effort to work on them. I know that growth does not happen overnight, and I do not expect myself to become perfect at everything immediately. What matters to me is that I can recognise where I need to improve and keep working towards becoming a better version of myself.

As I move through the rest of the term, I want to build on the progress I have already made. I want to continue challenging myself, taking on new opportunities and becoming someone who is willing to step forward rather than hold back. For me, the biggest achievement so far is knowing that I am no longer quite as afraid to put myself out there, and that is progress I am proud of.

By: Kristodea Hammond (L6E)

BE THE REASON SOMEONE SMILES

Kindness and empathy are important qualities that I believe everyone should have. This term, I have learned that kindness is free to give, and even a small act of kindness can make a difference in someone's day. We may not always know what another person is going through, so showing understanding and treating people well can mean more than we realise. Sometimes, people may be dealing with things that we know nothing about, and a kind word or a little encouragement can help them feel less alone.

I try to live out the theme, "Be the reason someone smiles," through both my words and my actions. I help my classmates when they need support, and I try to compliment and encourage the people around me. Sometimes, it can be as simple as saying something kind to someone, checking on a friend who seems upset or helping someone with something they are struggling with. I have realised that these little things can make people feel appreciated, supported, and valued. You do not always need to do something extraordinary to make a difference in someone's life.

Being kind has also taught me to think more carefully about how my words and actions affect other people.

A simple compliment or kind gesture might seem small to me, but it could make someone's day better. Because of this, I try to be more thoughtful about the way I speak and treat others. I have also learned that kindness is not only about helping people when they are having a difficult time. It is about creating an environment where people feel comfortable, respected, and accepted.

I think kindness can also encourage other people to be kind. When one person chooses to help, encourage or include someone else, it can inspire others to do the same. This reminds me that our actions can have a bigger effect than we realise. A smile, a kind word, sharing with someone or simply taking the time to listen can all make a difference.

Kindness does not have to be something big or difficult. It is a choice we can make every day. I want to continue being someone who supports others, makes people feel appreciated, and, most importantly, gives people a reason to smile. If each of us made a little more effort to be kind, our school and our wider community could become a happier and more welcoming place.

By: Lyanne Kakariba (L6W)

KINDNESS SAVES

Kindness is often described as being respectful, helpful, and compassionate towards others. Empathy, however, goes a little deeper. It is the ability to understand another person's feelings and to imagine what it might be like to stand in their shoes. I have come to realise that sometimes, the most important thing we can give another person is not an answer or a solution, but the feeling that they have been seen.

This is especially important when someone is entering a new environment. Imagine walking into a room where everyone already seems to know each other. The conversations are already happening, the friendships have already been formed, and you are the unfamiliar face trying to work out where you belong. It may look like a small moment to everyone else, but to that person, it can feel enormous. This is where kindness matters.

Living out the theme "Be the Reason Someone Smiles" does not always require a grand gesture. Sometimes, it is as simple as choosing patience over judgement, inclusion over indifference, or a kind word over an unnecessary comment. If someone is new, we can welcome them instead of making them feel like an outsider. If someone is sitting alone, we can invite them to join us. Even a smile when someone walks past can quietly say, "I see you".

I have also learned that kindness requires us to be open-minded. People are different, and they will not always understand us immediately, just as we may not immediately understand them. Instead of allowing those differences to create distance, we can allow them to teach us something. I try to show interest in my friends' lives by asking about their subjects, activities, and hobbies.

Sometimes, I help them with their work. Other times, I simply sit beside them. I have realised that being present can be its own form of kindness. You do not always have to fix something. Sometimes, being there is enough.

There are also practical ways in which we can make a difference. Donating useful items, volunteering, helping someone who is struggling, or simply taking responsibility for keeping our surroundings clean are all forms of care.

These actions may seem ordinary, but their meaning becomes greater when we consider the person on the receiving end. A donated item can meet a need. A clean environment can make someone feel considered. A helping hand can remind someone that they do not have to face everything alone.

What interests me most about kindness is that it is rarely confined to one person. One small act can travel further than we expected. Someone who is welcomed may become more willing to welcome another person.

Someone who receives encouragement may find the confidence to encourage somebody else. In this way, kindness becomes almost like a ripple. It begins with one person, but it does not necessarily end there.

Perhaps that is why the idea of kindness is more powerful than it first appears. It is not simply about being “nice”. It is about recognising the humanity of the people around us and deciding that their feelings matter. It teaches us patience, responsibility, compassion, and, perhaps most importantly, awareness of others.

We often underestimate the effect of small moments. A smile, a conversation, an invitation to join a group, an explanation given without making someone feel foolish, or simply sitting beside someone who needs company can change the way a person experiences their day.

We may forget that moment almost immediately, while the person receiving it may remember it for much longer. So, if there is one thing I would take from “Be the Reason Someone Smiles”, it is this: we do not need to wait for a perfect opportunity to make a difference. Kindness is available to all of us every day. It costs nothing, but it can give someone something priceless: the feeling that they belong.

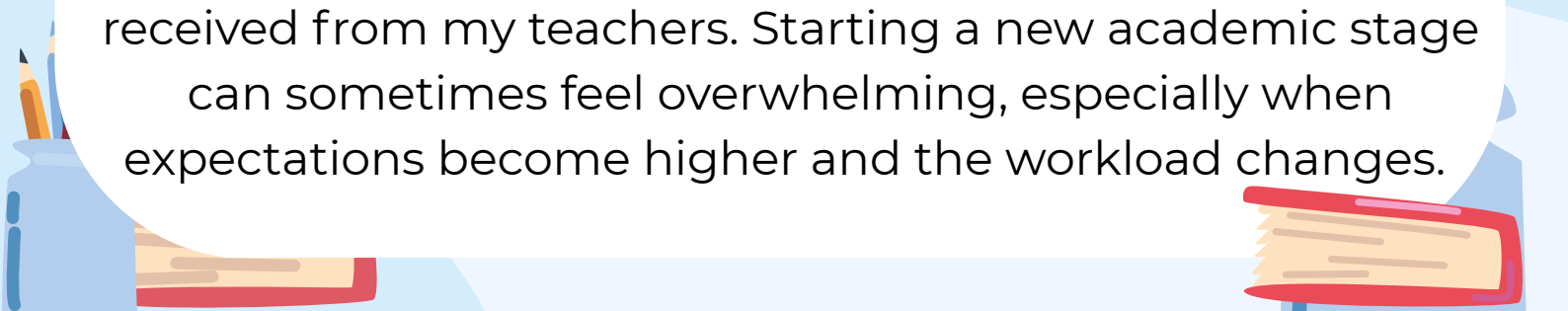
By: Awo Nsenkyire (L6W)



A NEW CHAPTER IN MY LEARNING JOURNEY

Since returning to school after completing my IGCSE examinations, I have experienced a significant shift in the way I view education, learning, and my future. Moving into Lower Six has introduced me to a new environment filled with greater responsibilities, different expectations, and exciting opportunities. Although the transition has not been entirely familiar, the support and encouragement I have received from my teachers and classmates have made it a positive and meaningful learning experience.

One of the biggest changes I have noticed is the shift from the structure of IGCSE to the independence expected in the Sixth Form. During my IGCSE years, much of my focus was on preparing for examinations, completing assignments, and mastering the content required for each subject. Now, I am beginning to understand that learning goes beyond memorising information. I am encouraged to think more critically, ask questions, express my opinions, and develop a deeper understanding of the subjects I study. This change has challenged me to become more responsible for my own progress and has helped me recognise the importance of being an active learner.



Another positive experience has been the support I have received from my teachers. Starting a new academic stage can sometimes feel overwhelming, especially when expectations become higher and the workload changes.



However, my teachers have been patient, approachable, and willing to guide me whenever I need assistance. Their encouragement has made it easier to adjust to the new environment and has reminded me that asking questions is an important part of learning. Rather than feeling afraid of making mistakes, I am becoming more comfortable viewing them as opportunities to improve.

I have also noticed a shift in the way lessons are conducted. There is greater emphasis on discussion, independent thinking, and applying knowledge to real-life situations. This has made learning more engaging and has encouraged me to participate more actively in class. I am beginning to appreciate that education is not simply about achieving good grades but also about developing skills, confidence, and a broader understanding of the world around me.

Completing my IGCSE examinations was an important milestone, but entering Lower Six has shown me that it is only the beginning of another stage in my educational journey. The positive learning experiences I have had so far have helped me become more adaptable, confident, and motivated. I look forward to making the most of this new chapter and preparing myself for the opportunities that lie ahead.



By: Velma Okyere-Darko (L6E)

OVERCOMING CHALLENGES THROUGH LEARNING

Since returning to school, I have experienced a number of positive learning experiences, but the one that has made the biggest difference for me is learning how to overcome challenges. At first, some lessons were difficult for me to learn, and I often became frustrated when I could not understand something right away. However, with the guidance of my teachers and with my own perseverance and hard work, I have overcome these challenges. This has made me more confident, and it has helped me to appreciate learning more.

Another big change that has resulted from my experiences with overcoming challenges is that I have learned the value of asking for help. I have learned that there is nothing wrong with asking questions and that my teachers and peers are always willing to help me understand something better. This has made me more confident and outgoing, as I am more comfortable expressing myself and participating in class.

Finally, my experiences with overcoming challenges have also helped me to develop a better attitude towards my schoolwork. Instead of being frustrated and giving up when faced with a tough task, I am more patient and willing to put in the effort needed to complete it.

I have learned that mistakes are a natural and important part of the learning process and that they should not discourage me. Overcoming challenges and completing tasks that I thought were too difficult for me also gives me a sense of accomplishment and motivates me to continue working hard.

All in all, I believe that my experiences with learning how to overcome challenges have positively impacted me the most since returning to school. They have helped me to become more confident and hardworking and have encouraged me to persevere in the face of adversity.

By: Aniketh Prakash Rao(F2E)

STUDENT REFLECTION ON KWAME NKRUMAH MEMORIAL DAY

Nkrumah Memorial Day was a very interesting and memorable experience for me. One of the things I enjoyed most was seeing the whole school come alive with African print. Almost everyone wore colourful African clothing, which made the school look bright, lively and beautiful. There were guidelines about what could and could not be worn, but I think these restrictions helped to keep the celebration appropriate while still allowing everyone to express their Ghanaian identity.

The performances were also one of my favourite parts of the day. The Nkrumah skit helped me understand some of the struggles Ghana faced before independence, while the interview gave us an opportunity to hear about Nkrumah's ideas and vision in a more engaging way. The spoken-word tribute was especially powerful because it showed how the younger generation can remember and honour people who helped shape our country.

I also enjoyed the music, hymns and national anthem because they created a strong sense of unity. It was not just another school programme; it felt like the whole school was taking part in remembering an important part of Ghana's history.

The celebration taught me that independence is more than simply having our own flag and country. It also comes with responsibility. As young people, we have a role to play in making Ghana better through our education, character, hard work and the choices we make.

Overall, Nkrumah Memorial Day helped me appreciate Ghana's history in a way that was educational, colourful and enjoyable. It reminded me that the story of Ghana did not end with independence. We are now part of the story, and one day, it will be our responsibility to decide what the next chapter looks like.

By: Ohene Kwasi Gyeseaw(F2A)

THE POWER OF SMALL ACTS OF KINDNESS

I have learned that kindness doesn't always have to be a massive gesture, even small things make a big difference. I try to live the theme "be the reason someone smiles" by noticing when someone is stressed or left out and just checking in on them. For example, I make it a point to say "Good Morning" to my teachers and classmates and thank the teachers at the end of a lesson.

In our group work, instead of shutting down someone's idea, I listen and, if it's good, I agree and say something positive first. When I see someone struggling with something or even needing a pen. I share the extras that I have. These small acts of kindness and positive words don't take much effort from me, but I can see how they brighten up someone's day and make the school a better place to be.

I have also learned that we do not always know what someone else may be going through. A simple smile, greeting or kind word can make someone feel noticed and valued. I believe that kindness can also encourage other people to be kind, creating a happier and more welcoming school community.

Going forward, I want to continue showing kindness in simple ways every day. I have realised that I do not need to do something big to make a difference. Sometimes, the smallest act can make someone feel better, included, and appreciated.

By: Abdul Hafeez Abdul Razak(F2A)

My New Class 3 Experience
Starting class 3 has been a new exciting experience for me. At first, I felt a little nervous because I had new teachers and new classmates. Everything felt different.

My teachers have been kind and helpful. I enjoy learning new topics, doing activities and working with my friends. I am also learning to be more responsible and independent.

I am becoming more comfortable in class 3 everyday. I am excited about all the new things I will learn and the wonderful memories I will make this year. Dasha Onyekwere 3w

By: Dasha Onyekwere (C3W)

Meet Kwame Nkrumah

Imagine a boy in a small village in Ghana. He loved to learn and read. He grew up and became a very important leader. He helped Ghana become free from the British rule. On 6th March 1957, Ghana became the first country to gain independence and Dr. Kwame Nkrumah became its first leader. He built schools, roads, and factories to help his people. Kwame Nkrumah taught us that with courage and hard work, people can gain freedom and build a better future!

Cyrus Awuah-Darko
class 3 Atifi

By: Cyrus Awuah-Darko (C3A)

Spelling Bee

I had lot of fun during the spelling quiz to celebrate the literacy day. There were four teams which were, Cobras, sharks, Bears and Hawks. We had the class ones turn and later class twos. I was so happy when it was my team's turn. It was cheering my team. Some words were easy and others tricky. We moved to our various classes after everything ended. I learnt that I need to keep practicing more but the best part was having fun together with my friends.



Awura Adwoa

Asante - Antwi

C2E

By: Awura Adwoa Asante-Antwi (C2E)

Terrific Literacy Day Celebration

Literacy Day Celebration 2026 was Spectacular! It felt like a big adventure! We had a fun whole school assembly with outspoken pupils sharing thoughts about literacy and the impact of literacy in their educational journey.

We had a Spelling Bee competition to grace how far literacy has been kind to us. It was exciting and a learning spree we just loved it! The day was packed and made us proud that Literacy is indeed LIFE!!!



Lael Fiadzigbey

Class 3 Atifi

By: Lael Fiadzigbey (C3A)

