



# Learning..Through the Eyes of Our Learners

OCTOBER 2024



## MENTAL HEALTH IN A DIGITAL AGE

World Mental Health Day 2024 is a day set aside to discuss mental health and how to improve it. A panel of mental health experts visited our school and gave us insights on the effects of abuse of video games and social media. This was quite alarming; their comments were so concerning that it set me thinking deeply about our digital habits and its effect on our general well-being.

The seminar commenced with an introduction on how our generation live digital lives. The panel addressed a range of issues from the effects of screen time, be it video games, cell phones or computer screens on our mental health, highlighting the use of social media addiction and its associations with anxiety, depression, and unhealthy eating habits. They did not end there, but also provided us with healthy lifestyle choices that are conducive to good mental health.

Another important theme was the role of our lifestyles in the maintenance of a healthy mind. The specialists underscored the essence of key pillars such as adequate sleep, good nutrition, physical exercise, efficient scheduling, and stress management.

The panel further suggested activities which help in maintaining a healthy balance between online engagements and other activities that do not require technology – participating in physical activities – thus, encouraging the judicious use of time and resources.





Several points from the seminar were particularly illuminating. The social media debate was one which I have encountered before. Many individuals battle with the desire to endlessly scroll through videos constantly looking and wishing their lives were 'made' like the people they see on social media. It was encouraging to hear the specialists say these feelings were normal and that we should all work towards embracing them and practicing better online engagement strategies. The key takeaway was the overuse of social media which is likely to negatively impact one's mental health.

It was also very enlightening to hear the panellists stress the need to make deliberate choices in how we go about our lives. I now understand that compromising on sleep and nutrition needlessly creates a deflated mood which can adversely impact one's mental health. Another important takeaway for me when practising good mental health, is the need to be self-aware and true to oneself. Shakespeare could not have put it better, with Polonius in his drama Hamlet famously saying, "To thine own self be true." If we are true to ourselves, we know what we feel, what we need, and what we value in our quest towards holistic well-being.

The Roman Ridge School has made very commendable attempts to promote mental health education by embedding a module under PSHE (Personal, Social, Health and Economic) Education. We have subsequently made strides as students in our own little way to advocate the importance of mental health issues in our society.



More specifically, during PSHE lessons, we have been taught mindfulness and other forms of stress management techniques which have come in handy, especially around the period of exams. The form periods allow us to have conversations and share experiences which have been very supportive and created a strong sense of community.

The seminar conducted on account of World Mental Health Day was a revelation and an experience that enabled me to comprehend more profoundly the complex intertwine of habits associated with the digital space and our mind. It was observed that, taking sure preventative measures to secure or enhance one's mental health should be a matter of the highest priority. Such an enlightening discussion not only made me review my ways but also gave me the awareness to be more conscious of how I use technology, how it fits in my life and the need to maintain a healthy equilibrium.

It is important that mental health advocacy and awareness should not be limited to one specific day as there is a need to continually educate people on such a critical subject. I appreciate that our school takes that responsibility very seriously. What is reassuring is that as a school, we can help ourselves and our peers and to alert others on mental health and ensure that we learn and grow together. It should be remembered that mental health is as crucial as physical health.

**-Jaanai Odotei (Form 3 West)**



## COLOURS OF FREEDOM

On Friday 20 September 2024, our school felt alive with vibrant colours and pride as we celebrated Kwame Nkrumah's legacy. Dressed in beautiful African print, we took part in a tradition that goes beyond just honouring a national hero; it was a moment to connect with Ghana's past and dream about its future.

Nkrumah was a visionary who studied overseas, earned degrees, and returned to lead Ghana towards independence, all driven by his dream of a united, free Africa. As we listened to stories about his life, we learned about the 'Positive Action' campaign he led, which called for peaceful protests of colonial rule. He was imprisoned, but his spirit remained unbreakable. This resilience led to our freedom on 6 March 1957, making Ghana the first sub-Saharan African nation to gain independence.

A great leader doesn't just think of his time; he thinks of generations to come, and so Nkrumah didn't stop at independence. He worked to build schools, roads, hospitals and the Akosombo Dam to power our country's growth. His vision for a unified Africa helped create the African Union we know today. Standing there in our traditional attire, I felt a deep pride in being Ghanaian. Celebrating Nkrumah taught us that courage and leadership can profoundly change the world. I learned that even when faced with challenges, we must push forward with resilience, just like Nkrumah.

His story has inspired me to believe in my abilities and know that my dreams can make a difference. Our colourful outfits were more than just clothes; they were symbols of the freedom he fought for and the pride he passed on to us. To the world, I say, let us honour our heroes, and let us dare to lead with integrity, courage, and hope.

-Isabel Borde-Kuofie (Form 5 East)

## CELEBRATION OF A GREAT MAN

The Kwame Nkrumah Memorial Day is a significant event in our country, Ghana. This day honours the legacy of the nation's first president Osagyefo Dr. Kwame Nkrumah. It is celebrated every year, and it reminds us of the freedom, the unity and the determination that Kwame Nkrumah embodied.

The Roman Ridge School celebrates this day every year. On this year's celebration, I had the privilege of serving as MC alongside my junior, Sophia Richardson and senior, Tamana Vashnani during our school's celebration of Kwame Nkrumah Memorial Day.

To be honest, this experience deepened my understanding of his impact.

Kwame Nkrumah was a visionary leader who played a crucial role in Ghana's liberation from colonial rule. Nkrumah's speeches have always ignited a sense of nationalism and hope among Ghanaians, encouraging them to strive for a brighter future.

During this year's celebration at the Roman Ridge school, the program was rich. We began with a thoughtful speech delivered by one of our students who spoke about Nkrumah's contributions to Africa.

For me, the highlight of the event was the poetry recitals where students expressed their interpretations of freedom, resilience and unity.

Additionally, the Kwame Nkrumah Memorial Day celebration at the Roman Ridge school was not just an event, it was a moment of reflection, learning and inspiration. As we honour Nkrumah's legacy, we are reminded of our responsibilities as the next generation. His vision of a united and independent Africa continues to guide us, urging us to be active participants in our nation's development. Through this celebration, I have not only gained a deeper appreciation for our history but also a renewed commitment to pursue my dreams with a passion and purpose.

Lastly, as I move forward, I am reminded that like Nkrumah, I have the power to make a difference in my community. His life encourages me to take initiative, stand up for my beliefs, and strive for excellence. Nkrumah's ideals instilled in me the belief that each of us has a role to play in shaping the future.

-Kwasi Gyesaw (Class 6 Atifi)



Kwame Nkrumah  
Memorial Day  
at TRRS



-Enam Kemavor (Form 2 West)





Kwame Nkrumah  
Memorial Day  
at TRRS



## KWAME NKRUMAH MEMORIAL DAY



On Kwame Nkrumah Memorial Day, my school, The Roman Ridge School, organised an assembly programme in the morning to celebrate him as the first president of Ghana. To commemorate the day, I have put together this artwork which highlights the true essence of the life of Dr. Kwame Nkrumah.

A portrait of the former president patterned with the red, yellow, green, and black of the Ghana flag seemed appropriate for the celebration. I intentionally used these colours to highlight how Ghana runs through his veins, and to remind everyone that he was the genesis of Ghana and will forever be remembered.

**-Enam Kemavor (Form 2 West)**



## UN DAY IN TRRS

United Nations Day, celebrated annually on October 24th, marks the anniversary of the United Nations Charter's entry into force in 1945. This momentous occasion signifies the birth of an organisation dedicated to fostering international cooperation and promoting peace and security worldwide.

On the day this year, our school held a programme on Thursday, which recognised and celebrated the day educating us on how it came about. Beyond the festivities, UN day also served as a platform for critical thinking a global citizenship. Some students in Senior School were part of the school's Model UN team, and they spoke widely about pressing issues like climate change, poverty, and inequality, and explored ways to contribute to a more just and sustainable world.

It was inspiring to see young minds engage in such meaningful conversations and develop a sense of responsibility towards the planet. The echoes of laughter and the hum of activities from our school's UN Day celebration on Friday still linger in my mind. It was a day filled with vibrant colours, diverse cultures, and a spirit of unity that was truly inspiring. Dressed in the traditional attire of my country, I felt a sense of pride and belonging.

The school was transformed into a global fair, with every person showcasing a different nation. The air was thick with the aroma of exotic cuisines, and the corridors were filled with the sounds of unfamiliar languages. As I sat through the performances, I was amazed by the creativity and effort put into each display. From intricate paper crafts to informative presentations, every detail reflected the unique identity of each country.

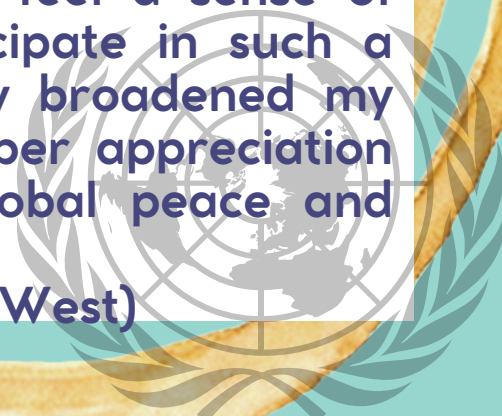


I learned about different customs, traditions, and historical events that shaped the world we live in. One experience that touched my heart was the cultural performances. Students from various backgrounds came together to showcase their talents through dance, music, and speaking their unique languages. The most idiosyncratic performances to me were Guinea and Nigeria, I absolutely loved them. The energy and passion in their performances were infectious, and it was a reminder of the power of art to unite people. I was really impressed and shocked at the lingual fluency from Guinea. I barely understood a word, but it was nice to hear some fluent French for once.

Today, as I reflect on our school's UN Day celebration, I am filled with a sense of awe and inspiration. The vibrant tapestry of cultures, languages, and traditions that adorned our school was a testament to the interconnectedness of our world. I enjoyed the performances and the programme, but for the future of this programme, I recommend that more students from their countries should be confident to showcase their culture because the programme was extremely short. Even though it was two hours long, time was delayed and there are many more performances we could have enjoyed rather than just 7 countries when we have more students with intriguing cultures that could have been showcased to students and parents. I advise the school to encourage more children to be proud of their backgrounds, which is the highlight and importance of UN Day.

As the day ended, I couldn't help but feel a sense of gratitude for the opportunity to participate in such a wonderful event. UN Day has not only broadened my horizons but also instilled in me a deeper appreciation for diversity and a commitment to global peace and understanding.

-Laushandra Laryea (Form 2 West)



## CELEBRATING UNITY IN DIVERSITY

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-Giovanni Francis (Form 5 East)



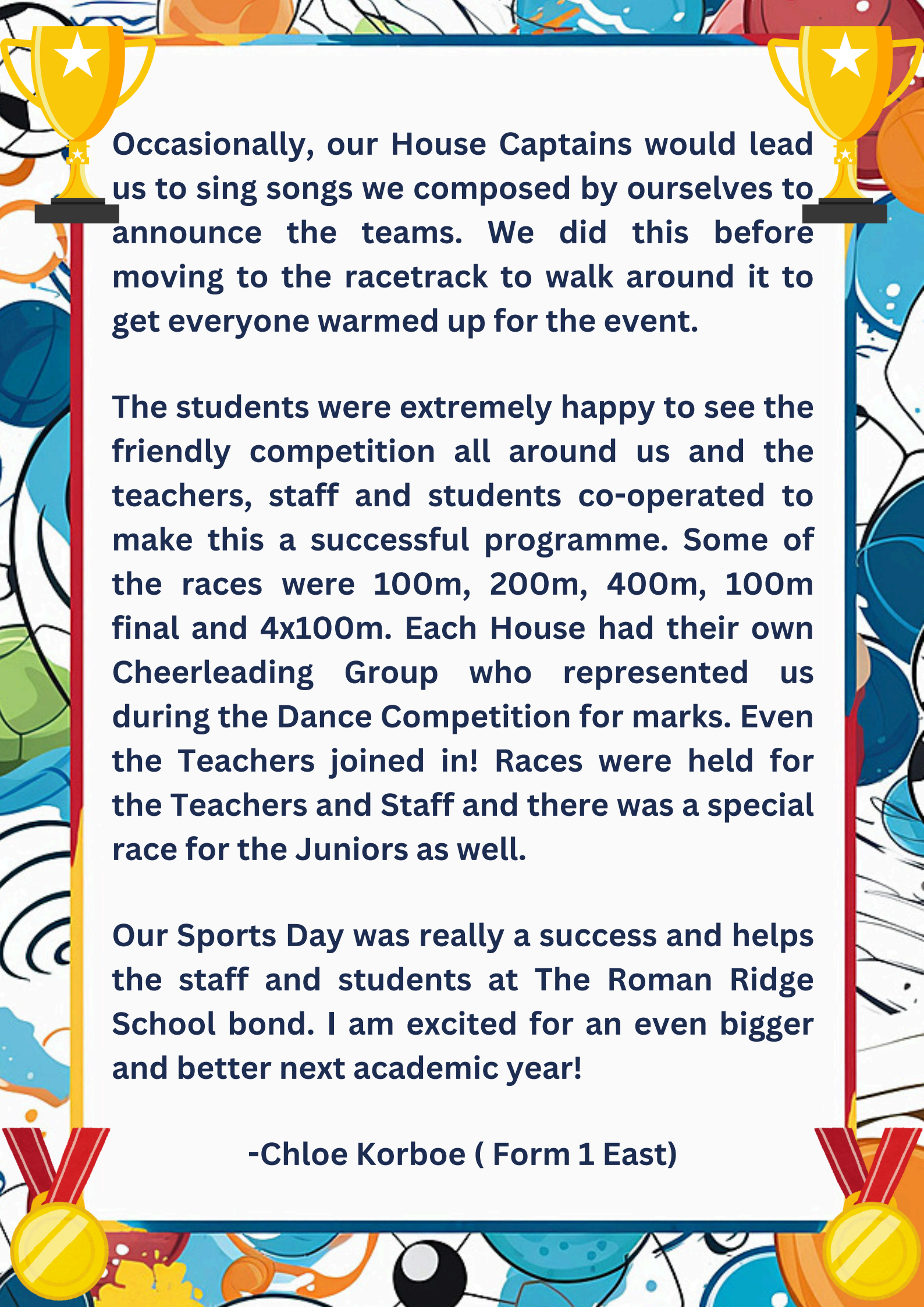
The page features a vibrant, colorful border with illustrations of trophies and medals. At the top corners, there are two golden trophies with white stars on their fronts. At the bottom corners, there are two golden medals with red ribbons. The background of the border includes abstract shapes in blue, green, and orange, suggesting a sports or outdoor theme.

## TRRS GOES GREEN!

On Friday 11 October 2024, The Roman Ridge School celebrated its Annual Interhouse Athletics Competition. It was a day where students have the opportunity to showcase their athletic skills. Usually, the competition is held at the El-Wak Sports Stadium, but this year, we had it at the University of Ghana Sports Stadium.

I was in awe to see such a vast project. I watched the African Games in March 2024 and I saw it was held in this stadium, but getting a chance to see it in person, I was flabbergasted. It has eight lane tracks and has the capacity to seat ten thousand spectators! The teams that competed were the Sharks (Green), Hawks (Blue), Bears (Yellow) and Cobras (Red).

There was a lot of food on sale like khebabs, fresh juices, waakye, chicken wraps and others. The air was filled with the smell of delicious food and that was all my mind could focus on for the greater part of the morning! It was a delight to watch my teammates run various categories of races. Our Teachers are affiliated to various Houses and seeing the sportsmanship they displayed was heartwarming.

The page features a vibrant, colorful border with various sports-related illustrations. At the top corners, there are golden trophies with white stars on them. The background of the border includes soccer balls, basketballs, and abstract shapes in shades of blue, orange, and green. The text is centered within a white rectangular area.

Occasionally, our House Captains would lead us to sing songs we composed by ourselves to announce the teams. We did this before moving to the racetrack to walk around it to get everyone warmed up for the event.

The students were extremely happy to see the friendly competition all around us and the teachers, staff and students co-operated to make this a successful programme. Some of the races were 100m, 200m, 400m, 100m final and 4x100m. Each House had their own Cheerleading Group who represented us during the Dance Competition for marks. Even the Teachers joined in! Races were held for the Teachers and Staff and there was a special race for the Juniors as well.

Our Sports Day was really a success and helps the staff and students at The Roman Ridge School bond. I am excited for an even bigger and better next academic year!

**-Chloe Korboe ( Form 1 East)**

The bottom of the page features a decorative border with two golden medals on red ribbons, one on the left and one on the right, mirroring the trophies at the top.



The page features a vibrant, colorful border with illustrations of trophies and medals. At the top corners, there are two golden trophies with white stars on their cups. At the bottom corners, there are two golden medals with red ribbons. The background of the border includes abstract shapes and patterns in shades of blue, orange, and green.

## BEARS' TRIUMPH AT SPORTS DAY

The Roman Ridge School Interhouse Athletics Competition was nothing short of a festival this year, and for the first time, it was held at the University of Ghana Sports Stadium! It was so exciting to be somewhere new and so neatly organised. The stadium felt grand, with brand-new tracks and facilities that made the whole day feel special. My house, Bears, came in with lots of energy and big hopes. We had trained hard, and everyone was feeling the pressure to bring out their best.

I was most excited about the dance competition—my friends and I had put in hours of practice, and we were determined to bring our moves to life on that stage. The moment we started dancing, the whole crowd was cheering us on. Every step felt like we were working in perfect sync. When Bears won the dance competition, we couldn't stop celebrating! It felt amazing to know that all our hard work and practice paid off.

But the best part? Sports Day marks the beginning of our half-term break! It's the perfect way to start our week off from school. Now we get to rest up and recharge after all that action, and maybe even practice some new moves for next year's dance competition. I'm grateful for the energy and encouragement from everyone—teachers, parents, and friends—who cheered for us and shared the excitement. Being part of Bears taught me how powerful teamwork can be, and I'm already looking forward to next year's Sports Day!

-Shraddha Gupte (Lower 6 West)

## A DAY TO REMEMBER!

The Roman Ridge School Sports Day held on 11 October 2024 was electric, and it wasn't just because we were in a new stadium—the University of Ghana Sports Stadium. For most of us, it was our first time there, and it felt amazing to be in such a grand, well-kept venue.

Everything was shiny and neat; a huge change from what we were used to. The track and field lanes stretched out like an invitation to win, and I was so ready! All week, my fellow Sharks and I had been pushing each other hard in training sessions. When the day finally arrived, I felt that excitement turning into pure adrenaline.

I represented my house, Sharks, in the track events, cheered by my friends and family. The roar of the crowd when I crossed the finish line still rings in my ears! The thrill of running my best for my team was unforgettable, and the support from all our parents and teachers made it feel like we were running for something bigger than ourselves. Competing in our house colours united us, and seeing everyone proudly cheering for their teams—whether they were Sharks, Bears, Hawks or Cobras—reminded me that sports can bring us together like nothing else.

The cheers, the colours and the energy from everyone motivated us all.

Winning the overall sports competition felt like a dream come true for Sharks, and I couldn't be prouder. This Sports Day showed me that teamwork, hard work and determination pay off in the end. Now I can't wait to get back on that track next year, stronger and faster, for Sharks. Go Sharks!

-Klenam Asem (Form 5 West)



TELL ME AND I FORGET,  
TEACH ME AND I MAY  
REMEMBER, INVOLVE ME  
AND I LEARN

- BENJAMIN FRANKLIN

