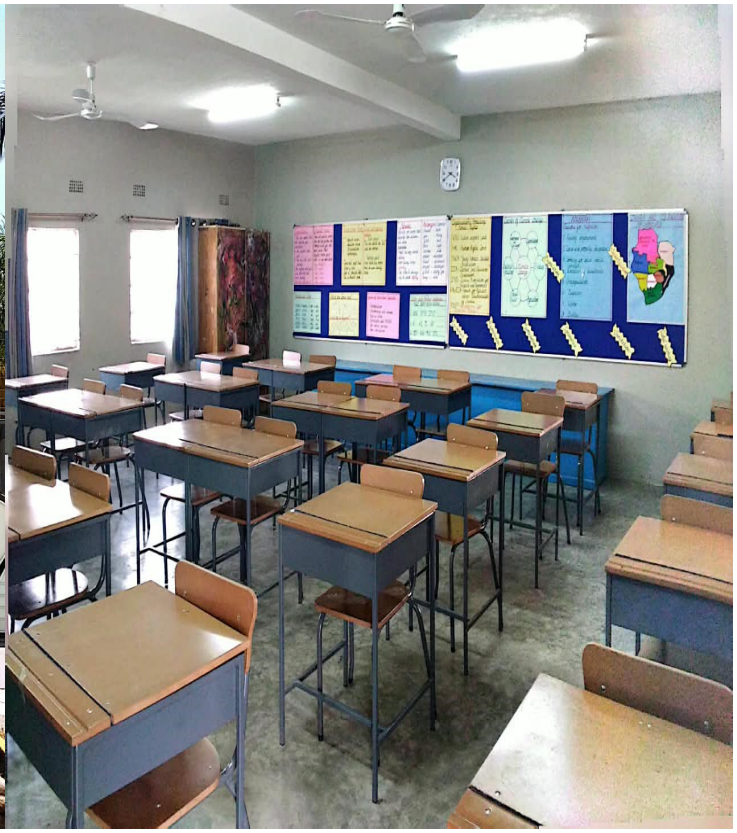
LICEF PRIMARY SCHOOL NEWSLETTER

Term 2 2026





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PRINCIPAL & HEADTEACHER'S DESK

FROM THE PRINCIPAL'S DESK

Dear Parents, Guardians, Learners and Staff,

Welcome. We Are In Term 3.

In this final and most decisive term of the school year, I want to take a moment to reflect on where we are, and where we are going together.

Term 3 is not just another term. It is a term of purpose, focus and finishing strong. For all our learners, it is a time to consolidate what has been taught, to work hard, and to demonstrate growth. For our examination classes, Grades 7, 9 and 11, this is your defining moment.

To our examination candidates: the journey has prepared you for this hour. The countless lessons, assessments and extra classes have all been building toward this. I urge you to remain disciplined and intentional. Attend every revision class, manage your time wisely, put away distractions, and believe in the work you have put in. To the parents of our candidates, thank you for your continued support. Please continue to provide a quiet, encouraging environment at home, ensure punctuality, and keep your children motivated. We are with you all the way.

On the matter of discipline, I wish to be very clear. **A school thrives on order, respect and shared values.** This term and going forward, we will uphold our code of conduct with firmness and fairness. **We expect every learner to be in full correct uniform, to be punctual, to respect teachers, support staff and fellow learners, and to take pride in our school property.** Good discipline is not punishment. It is character. It is what will carry you beyond the classroom into your future workplaces and communities.

Finally, I wish to address an issue that is close to my heart and of growing concern in our schools and homes: the misuse of social media for mischief-making and cyberbullying.

Learners, listen carefully. A phone in your hand gives you power, but it also gives you responsibility.

Social media can be used for learning and positive connection, but when used to insult, threaten, spread lies, share embarrassing pictures or videos of others, or create fake accounts to mock a classmate, it becomes a weapon. This is wrong, and it will not be tolerated.

Your words online can cause real pain, anxiety, loneliness and even push a fellow learner into depression. Behind every screen is a real person with real feelings.

I therefore urge every learner:

1. Think before you post. If you would not say it face-to-face to someone's parents, do not post it.

2. Protect your privacy. Never share personal information, passwords or intimate images.

3. Do not be a bystander. If you see cyberbullying happening, do not like, share or laugh. Report it to a teacher, Moulana, Apa or parent.

To our parents: I plead with you to partner with us. Please monitor your child's online activity, have open conversations about what they see and do online, and guide them on responsible digital citizenship.

I wish all our learners, especially our examination classes, every success.

Yours in education,

K. Ziyambi

Principal

HEADTEACHER'S ARTICLE

WE ARE RESPONSIBLE FOR ONE ANOTHER

In this edition of our Newsletter, let us ponder on one important word: RESPONSIBILITY.

Being responsible is not just about doing your own work and following the school rules. It also means caring for one another, making good decisions and looking out for those around us.

A responsible learner comes to school ready to learn. A responsible learner completes their homework on time, listens carefully in class, takes good care of their books and belongings and follows the school rules. But responsibility goes beyond this. Truly responsible learners also care about their friends and classmates.

When we play we should play fairly and peacefully. We should use kind and respectful words and never ever bully or hurt others. Let us be the person who reaches out to help those who need help and support.

Remember, life is like one big family. So, when one person behaves well, everyone benefits. When one learner makes poor choices, those choices can affect others too. This is why we must be responsible for one another. Let us make this term a term of better behavior, teamwork, kindness and respect. Let us all play our part to build a LICEF where every learner feels safe, happy and proud. Together, we can make our school the best it can be.



AVOID VAPING

RISKS & SELF ADDICTION

Teachers and parents have expressed concerns over the increasing number of students using vapes. Due to the attractive flavors produced and peer pressure, young people indulge in vaping. Doctors warn that vaping can harm one's health. Now schools have begun awareness campaigns to educate young people about the dangers of vaping.

ABDULLAH RAVAT 7B2



For years, we have been told that vaping is a safe harmless alternative to traditional cigarettes. We see the colorful designs, smell the fruity flavors and watch the clouds of vapor. Today I want to tell you what is behind the smoke screen. The truth is, vaping is not harmless but it is harmful and is trapping a new generation in nicotine addicts. Some of the self risks include addiction, distractions and negative health effects.

MUHAMMAD ESSA 7B2

HEALTH



Vaping is extremely addictive; once you have started you cannot stop. It also causes distractions that pulls you away from your daily goal, such as, studying. Vaping is way worse because it affects your lungs faster than traditional cigarettes.

In conclusion, vaping is basically suicide. Once you start, you cannot stop. This makes your body weak and can cause lung cancer which leads to death. MUHAMMAD ESSA 7B2



HUMAN RIGHTS & RESPECT

HUMAN RIGHTS ARE COOL

Human rights are helpful as they make life fair and sweet. The right to learn and read a book, the right to speak and have a look. The right to play and have some fun, to laugh and jump and run, run, run! No matter who you are or where you are from, human rights belong to everyone.

Be kind and be fair, that's what we do. Respect for me and respect for you. Different people form one big crew, working together the whole day through. Human rights help us all shine bright, making the world a happier sight!



Respect is showing kindness everyday in the words we speak and the way we play. It means listening to others, being fair and showing our friends that we truly care. We should respect our teachers who help us to learn and give us guidance at every turn. We must also respect our parents who love us so much and help us grow wherever we go. Respecting ourselves and doing what is right. Being honest and polite always. When we respect each girl and boy, our school becomes a place of joy. So, let us practice respect everyday at home, school and while we play. A little respect can go a long way and make the world brighter everyday.

ZAYD ITOWALA 6B2

RESPECT

Respect is a valuable thing in life that we must all try to maintain.

Nowadays, children often lack respect and need to be checked and disciplined by their elders. I do not blame anyone in particular, but I would blame us all. Children for picking bad habits from company and friends and their parents and elders for not teaching them well. However, a parent's gentleness and care can put a stop to disrespect!

There are many ways of showing respect towards our elders, for example, when serving an adult, you must kneel, wash their hands and serve their food. That's just simple ways of showing respect towards our elders. Many people say, "it takes a whole village to raise a child!" I personally think children must learn respect from a very young age because when the child grows up, they'll be respectful, and if they have respect, people will respect them, and they will be used as a good example towards others.

I'd like to end by saying one thing; let us stand firm and put a stop to the so-called disrespect.

JOAN KATEBE G6

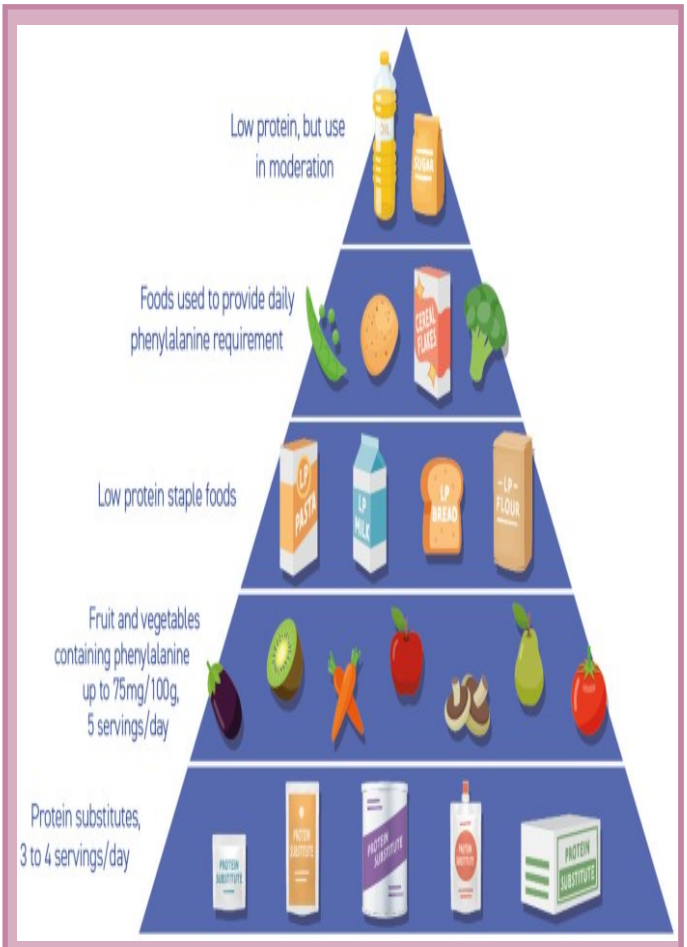


FOOD PYRAMID

At the bottom of the pyramid big and wide are the grains and bread with energy. Eat the most of these each day. It will help you play! Moving up, let's have a cheer for fruit and vegetable. Packed with vitamins that help stay healthy, keep eating greens to put on a show! Dairy and proteins are our good ally. Milk and cheese will build strong bones, meat and fish for raw muscle, fibers still looking good! At the top where it's very small are the sugary foods that aren't good at all. Eat just a little, keep it sweet and make good health your greatest treat!!!

ABDULLAH M. PATEL 3B1





The food pyramid is a visual guide that shows us how to eat a healthy diet. It breaks down food into different groups and suggests how much of each group we should eat daily.

At the base of the pyramid are foods like bread, cereals, rice, and pasta. These are our main source of carbohydrates, providing energy. Next up are fruits and vegetables, which are packed with vitamins, minerals and fiber. Then come dairy products like milk and cheese, followed by protein-rich foods such as meat, fish, eggs and beans. These are important for building and repairing the body.

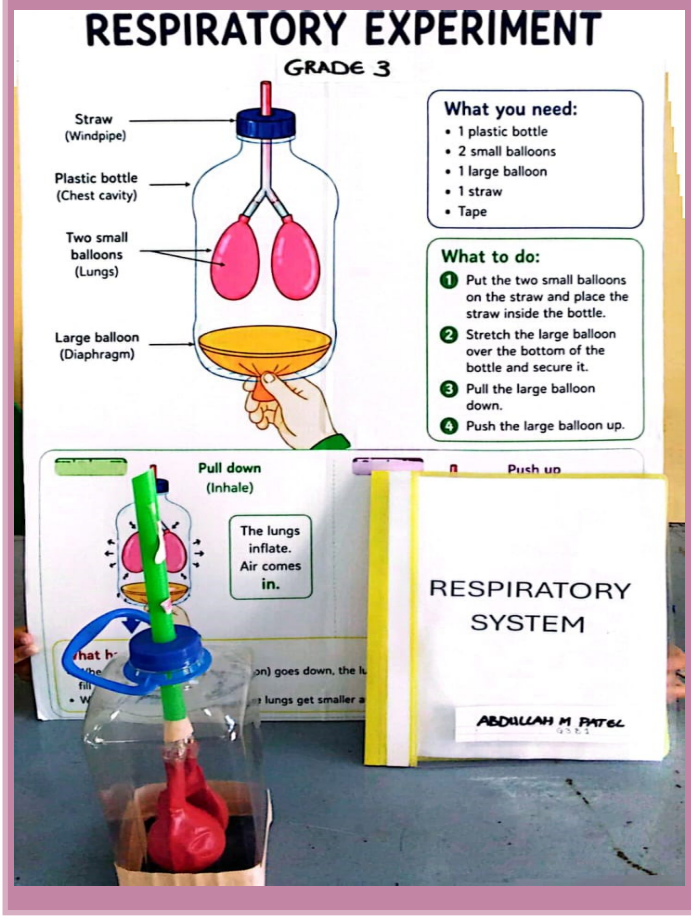
At the very top of the pyramid are fats, oils and sweets. These should be eaten in moderation because they are high in calories and can be less nutritious. The idea is to fill your plate mostly with foods from the lower levels of the pyramid and sparingly with these at the top.

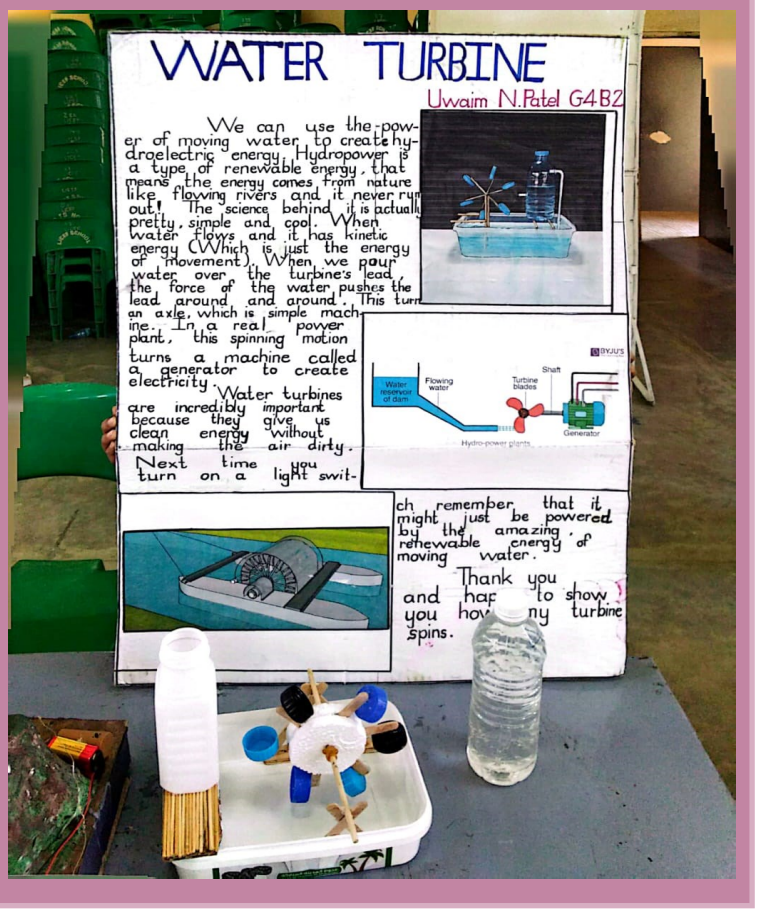
BUSHRA ESSA 3G1

SCIENCE FAIR









SPORTS EVENTS

Sports Day Celebration: A Showcase of House Spirit

The much-anticipated **Sports Day** brought together the vibrant energy of our four houses — **Luangwa**, **Kafue**, **Zambezi**, and **Chambeshi** — in a thrilling display of athleticism, teamwork, and school spirit. The atmosphere was electric as students cheered passionately for their houses, creating unforgettable memories of unity and competition.

From the opening races to the final relays, each house gave its best. The track events, field competitions, and team games highlighted not only individual talent but also the collective determination of every participant. Teachers and parents alike were impressed by the discipline, sportsmanship, and enthusiasm that filled the day.

When the final scores were tallied, **Luangwa House emerged victorious**, claiming first place with an outstanding performance. **Kafue House followed closely in second place**, showcasing resilience and skill. **Zambezi House secured third place**, while **Chambeshi House, though finishing fourth, displayed admirable effort and unwavering spirit** throughout the day.

This year's Sports Day was more than just a competition — it was a celebration of friendship, perseverance, and the values that bind our school community together. Congratulations to all the houses for their remarkable participation, and especially to Luangwa House for their well-deserved triumph.

IAN MUJUMPI 6B1





TERM 3 CALENDAR HIGHLIGHTS

CIRCULAR 1 - TERM 3 2026

- Monday, 24th August – Grade 11s Report for Term 3.
- Monday, 31st August – Beginning of Term 3 (Nursery 1 to Grade 10).
- Wednesday, 2nd September – Grade 11 Mock Examinations Begin.
- Friday, 4th September – Open Day for all Grades.
- Sunday, 13th September – Beginning of Rabi-ul-Aakhir.
- Tuesday 22nd September – Grade 11 Mock Examinations End.
- Wednesday 23rd September – Secondary Careers Day.
- Thursday, 24th September – IGCSE Cambridge Examinations Begin (ICT Practicals).
- Tuesday, 29th September – Primary Top of the Form Girls.
- Wednesday, 30th September – Primary Top of the Form Boys.
- Monday, 5th October – World Teachers' Day.
- Monday, 12th October –Foundation/Primary Mid-term Tests Begin/ Beginning of Jumad-al-Ula.
- Friday, 16th October – Foundation/Primary Mid-term Tests End
- Sunday, 18th October – National Day of Prayer.
- Monday, 19th October – National Day of Prayer Holiday.
- Thursday, 22nd October – Independence Assembly – All Sections.
- Saturday, 24th October – Independence Day.
- Monday, 26th October – Grade 7 / ECZ Examinations Begin.
- Tuesday, 27th October – Foundation Parent Teacher Interaction.
- Wednesday, 28th October – Foundation Annual Science Fair.
- Thursday, 29th October – Primary/Secondary Parent Teacher Interaction.
- Friday, 30th October – Grade 7 / ECZ Examinations End.
- Wednesday, 4th November – Foundation Infants Graduation.
- Thursday, 5th November – Grade 7 Farewell Assembly.
- Wednesday, 11th November – Grade 2 Farewell Assembly/ Beginning of Jumad-al-Aakhir.
- Thursday, 12th November – IGCSE Cambridge Examinations End.
- Monday, 16th November – Secondary End of Term 3 Examinations/ Grade 9 Checkpoint Examinations Begin.

DRUGS

Drugs are medicines that help us when we are sick. Some drugs can hurt us if we take them without a doctor's permission. Drug abuse means using drugs the wrong way, taking too much or taking drugs that are not medicines. When someone abuses drugs their body and brains can get sick. This makes it hard to learn, play and grow strong. Fortunately, there are safe choices we can make. We can say, "no thank you" if someone offers us drugs. We can also talk to our parents and teachers if we have questions. We can stay healthy by eating good food, sleeping well, exercising and playing with friends. These habits make our body and mind strong so we do not need bad drugs. Our bodies are special, and we should take care of them by staying away from harmful drugs. Remember, medicine is for healing, not for fun. Thank you.

AAMINA F. PATEL 4G1



Drugs are medicines we take. Some drugs are bad, others are good. We should not take drugs for no reason. We should always check the labels or instructions for the drug. Some people get addicted to some drugs. That is not healthy for them.

Here is a list of what can happen to people who take too many drugs.• overdose• illness• diseases• kidney damage • death.

ALWAYS REMEMBER TO: Take drugs when needed!

MARYAM FAROOQUE 4G2



Drug abuse is the use of legal or illegal drugs in a way that is harmful to your health, relationships, work or safety. It is important to understand how drugs abuse differs from ordinary use or dependence: Drug use involves taking a drug as medically directed or recreationally without major harm.• Drug abuse is using illegal drugs such as cocaine, heroin, methamphetamine as well as misusing common substances like inhalants.

ARWAA ADAM. 4G1



Some drugs are beneficial, while others are harmful Beneficial drugs are called medicines, such as Panadol and other painkillers, which help us when we are sick. On the other hand, harmful habits like smoking and vaping can damage our lungs and overall health, making them especially dangerous for young children.

BAREERAH JASAT. 4G2

QUIZ CORNER & PUZZLE SECTION

Quiz Corner

Quick Quiz – Test Your Knowledge!

1. What food group should we eat the most of according to the food pyramid?

A) Fruits

B) Grains

C) Sweets

2, Which house won first place on Sports Day?

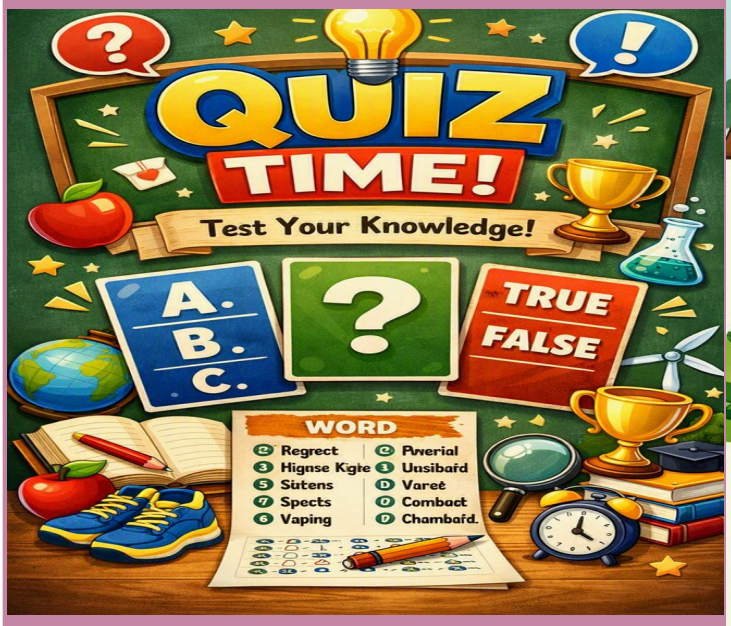
A) Kafue

B) Luangwa

C) Chambeshi

3. True or False: Vaping is safer than traditional cigarettes.

4. Name one renewable energy source mentioned in the Science Fair projects.



Puzzle Section

Word Search: Healthy Living Find these words hidden in the grid:

