

## Leadership comes from God

**Andrew Atutaka Munyagwa, P.6, 12,  
Light Mixed P/S, Mbale**

In this election, people spread rumours that there would be war. I wondered because leadership comes from God. God gives leadership as a gift to people who are kind, patient and willing to help others.

A good leader is elected by their people, and while in power, they do not use force. They listen to others and give them an opportunity to make decisions.

Just like at home, parents lead their families by teaching children good manners and discipline daily. Children can also be leaders by telling the truth and helping friends in need.



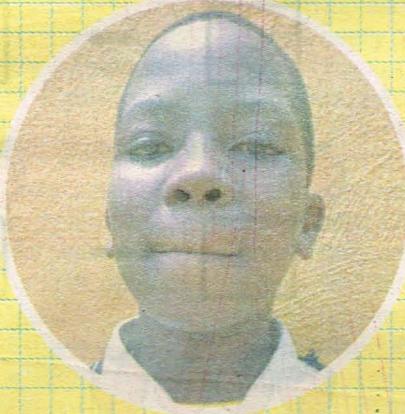
## Importance of exercise

**Mathew Kusilima, P.7, 14,  
Light Mixed Primary School, Mbale**

Exercise is very important because it helps our bodies stay strong and healthy. When children exercise, their muscles and bones grow well. Exercise also helps us stay active, happy, and full of energy.

Activities such as running, jumping, skipping, and playing games are good physical exercises. Exercise helps children concentrate better and perform well in class. We do not need expensive equipment to exercise and stay healthy.

Playing with friends during break time is also a good physical activity. Too much sitting and screen time can make our bodies weak and tired.



## We lack water in our homes

**Gift Edith Gimbo, P.6, 13,  
Light Mixed P/S, Mbale**

Water is very important for life. We need water for drinking, cooking, washing clothes, and cleaning our bodies daily.

During the dry season, many homes often lack water, making life very difficult for families. Without enough water, homes become dirty, and diseases can easily spread among people. We should learn to save water and avoid wasting it. Leaders should always help bring clean and safe water closer to communities.



## Family is very important

**Joshua Jeremiah Kirunda, P.7, 14,  
Light Mixed P/S, Mbale**

Family is one of the most important parts of our lives. Families give us love, food, shelter, and protection when we need help.

Parents teach children good behaviour, respect, and responsibility daily. Children feel safe and confident when they grow up in loving families. Families share meals, stories, laughter, and time during happy moments.

When problems arise, family members should talk, forgive, and support each other. A strong family helps children grow into kind and responsible adults. Happy families also help build peaceful and strong communities everywhere.



## Healthy eating habits

**Joy Katrina Kinono, P.5, 10,  
T&M Bright P/S, Manafwa**

Healthy eating habits help our bodies grow strong and protect us from sickness. We should eat fruits, vegetables, beans, eggs, milk, and whole grains daily. These foods give our bodies energy to learn, play, and work well.

Eating too much junk can cause sickness and weak bodies. We should drink clean water every day to keep our bodies healthy. Washing hands before eating always helps protect us from germs.

We should eat meals on time and never skip breakfast. Healthy food helps children grow well and think clearly in class.



## My December holiday

**Nikolai Paul Mutalemwa, P.3 Red,  
Kampala City Grammar School**

My two weeks in the village visiting my grandmother were wonderful. I participated in so many activities such as playing dodgeball, harvesting crops, poultry keeping, and cleaning the compound. After Christmas, I visited my mum's relatives, and met our cousins. Their homes are so close. Other days, we ate together on a very big metallic plate. One morning, we harvested matoke, which I carried on my head from the garden. I climbed mango trees to the highest branches and got the ripe ones. My visit ended on December 30, and I enjoyed it all.

