

THE MIRRORS

Loreto Secondary Rumbek

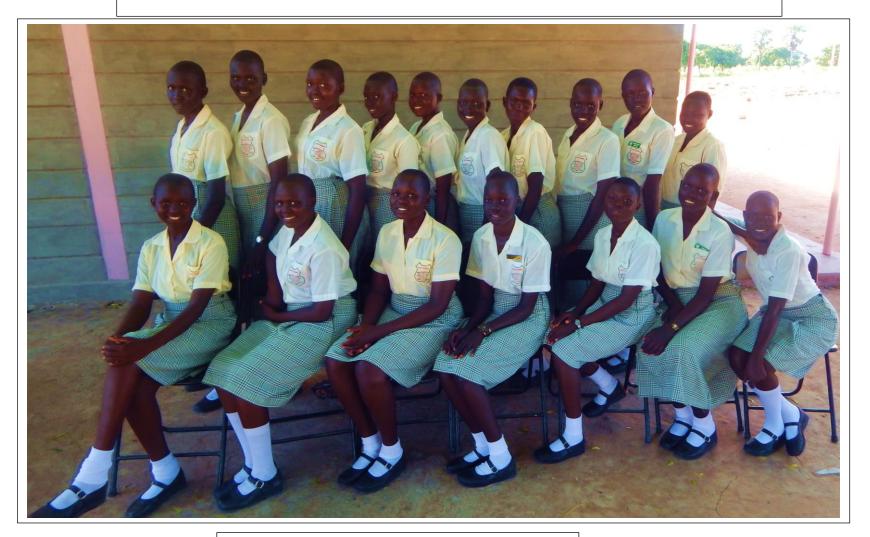


2019

info@loretorumbek.ie



THE EDITORIAL TEAM



A word from the Editorial team

Welcome to **The Mirrors** of the Academic year 2019. This magazine would have not been possible without the generous support from the Administration, the staff, the donors who spontaneously supported us with all the basic needs to accomplish the magazine, the Chief editor **Mr.Omari Bonface** and our facilitator **Mr Wesley Nyandika** who embraced our idea of starting the magazine, gave us hope and encouragement to make it successful, the development department who have preserved and protected the historical imagery and documents of the school, the student body whose willingness to share their experiences and aspiration have made it possible and most importantly the **Editorial team** for their struggle and teamwork.

This is the first edition of the Mirrors and its a great joy to portray the achievements of the school over the ten years of great service and this was possible with the values instilled in us by Mary Ward

This include: joy, humanity, humility, generousity, justice and freedom

Thank you all and enjoy passing through every page as you await the next edition.

Word from the Chief Editor's desk

Welcome to the first edition of 'The Loreto Mirror'. After over a decade of Loreto Rumbek's existence, a group of students teamed up with one aim: to tell the Loreto Rumbek Story. Being the pioneer team, I want to thank and congratulate the editorial team for this daring and noble work. Well done!

The Loreto family has a lot to share and want us to reflect on, more especially on how (through Loreto) the grace of God has lifted many from grass to grace. Life is full of surprises; some pleasant others not so pleasant. This magazine will provide a chance to the students to share their pleasant and unpleasant experiences to the world. It's my prayer that the shared stories will motivate and challenge us to dare be agents of change in our communities. The change that we so much desire might not be happening not because there are many obstacles, but because of our fear to dare make the move. Don't say, 'No, I can't change the dog's diet. The bones are its favorites'. Dogs do not actually prefer bones to meat; it is just that no one ever gives them meat. The articles and interviews in this edition are encouraging us to make that move towards starting the process of the change that we so much desire.

The article on how a young lady faced and successfully defeated forced marriage challenge is definitely our main story in this edition. Punching emotional buttons that send a lump down the throat and make eyes well up, this woman of courage skillfully narrates how she faced head on the challenge of forced marriage. She clearly shows how such experiences that would end one's education can make one scared and hopeless. The abruptness of events left her with a lot of fear and unanswered questions as to 'why me?', 'Why now?' If this story doesn't ignite a discussion within you, your family, church, workplace or even in your community, then I will be very disappointed in you!

I hope and believe that with the excellent collaboration of all members of the editorial team, and support of the administration, we will continue with this tradition yearly and contribute to the further improvement of the quality of services given in Loreto by projecting them to the world.

OMARI B. OMARI

CHIEF EDITOR



When did you come to loreto Rumbek?

I came to Loreto on 3rd April 2008. I was first a teacher teaching Physics and math at the same time a sports teacher. I loved being a teacher because I learned as I taught and it transformed me from my youth to adulthood

How did you come to know about this school?

I heard about this school from a friend of mine and I was motivated by love for adventure after I had graduated from university.

What have you noticed about the development?

I have noticed a lot of development inside and outside Loreto. Our school has got more buildings and the community is so supportive as well as providing security.

The primary school is one of the biggest development because it wasn't in the plan at the first place.

What shall you tell your family when you go back to work in Kenya?

When I shall go back to Kenya and stop working in Loreto, I shall tell them how Loreto girls have self-confidence and their good aspect of hospitality.

I shall tell them of how I experienced peace here.

What challenges do face in the account department?

As an accountant, there is so much expectations from the donors and language barrier in the market is one of the biggest challenges in the accounts department.

How did you feel during the 10th anniversary?

Anniversary was like a dream come true because it's a reflection of how I managed to stay for ten years without leaving and as well it's a pride for several departments in the school.

My general message to you

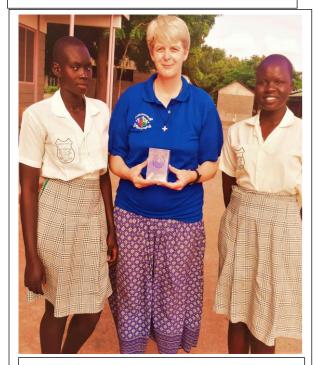
To remain true to your objectives is hard but you shouldn't loose sight however many challenges may come. Run things to the best of your capacity and ability to achieve your goals.

Mr. Samuel Gitau Kamau

Mr. Gitau was one of the first teachers to start teaching at Loreto in 2008 with the other teachers Mr Kiarie Nelson who later became the deputy principal, Mrs Salima Atieno who composed the school anthem as well as the school councellor.

He is currently the head of the accounts department.

AN INTERVIEW WITH THE DIRECTOR



Some students take a photo with sister holding her award after interviewing her.

Q: Kindly introduce yourself to our readers.

My name is Sr .Orla Tracy. Am the last born in a family of five children, I have four elder brothers. As a family, we lived in many different places in the country and my secondary school education, I arrived in that town two days before school opened and knew nobody in the town. And my first year at school, I got lost everywhere but all in all I had a very happy time with the Loreto sisters, and from working with them I decided I would become a teacher and later on thought of becoming a sister too.

Q: You went through a Loreto school? Kindly take us through your academic journey.

My primary school was in the West Ireland and secondary school with the Loreto sisters in a small town called Bray. I studied Theology and Education in University for four years and later on became a Religious and music teacher. After two years, I joined University and did masters in School chaplaincy and Pastoral care from one of the University in Dublin. I also did another masters in Human Resource Management and Introduction development in Manchester University.

Am very proud to say that I have two masters and God-willing I will continue to learn because we say that a journey of life is a journey of learning.

Q: As the pioneer principal of Loreto Rumbek, can you kindly tell us how Loreto Rumbek came to be?

Actually, I was not the pioneer principal of Loreto, there was another principal called Sr. Anne Farren. She was the principal of the school but sadly she fell sick and had to go home therefore I became the acting principal. The mission started with an invitation from the Late Bishop Caesar Mazzollari, He wanted a group of sisters to begin a girl's secondary school in Rumbek. He was very clear, he had the land, the donors and the plans. We came to Rumbek in 2006 and stayed in the parish until on the 13th April 2008 when the school was finally opened with a total of thirty-five girls.

Q: Are you in contact with the alumnae of Loreto Rumbek? How are they fairing years after they graduated from the school?

We have a chat group, and we are in constant communication always sharing the latest information on what's going in the school and in their career lives. Most of them are on social media and we get to interact often through facebook and messenger. They are well spread in different parts of South Sudan, Kenya and Uganda.

Q: Our institution is expanding really fast, how are you able to keep in touch with the students?

Initially, like 3-4 years ago, I used to teach in the classes, so it was automatic for me to interact with the students. With my current role, and as the compound increased, I usually try and do the attendance when I have time so it gives me a chance to connect to the students. I also try to meet the head girl and her deputy regularly, and of course Mr Yuga (headteacher), to get a brief on what is going on in the

school. But otherwise, there is a daily occurrence book in every department of the school and I get to read to know what's happening.

Q: Teaching is a very challenging mission, how have you managed to keep the staff intact as the principal?

We have a beautiful staff and we are blessed, the staff feel motivated when their good conductive environment or good communication. Every week the staff meet the H.M and I meet the H.M frequently, and my work as a Principal is to make sure that everybody is talking to everybody, and finally, the teachers we have also love the students.

Q: Wow! What can you say is your greatest achievement in Loreto Rumbek?

When we began in 2008, People laughed and told us that the girls will never come, and if they come, they will never finish and if they finish they will never go to university and if the go, they will never finish university and It is a beautiful joy to watch all that cycle continue, our graduates finish university and are now working in different places.

Q: The school cannot do everything alone, any message to the parents?

It's always about cooperation, we rely so much on foreign donors. My only request to the parents is to allow their daughters to study, achieve their dreams and also support them to stay in the school; evade forced marriages.

Q: Any regret?

My greatest regret is not getting to meet the girls daily, since am always occupied with work.

Q: What are your next immediate plans for the school?

What we have decided as the management committee is that since

we have enough buildings, we now need to build inside that is the emotional support of the girls. So there is going to be trauma and peace building activities because Loreto education is all about trying to build and motivate students.

Q: Any alumnae who has joined the Loreto sisters or any other congregation?

No!

Q: What do you think lowers their interest?

There are girls who are actually interested but we understand the

culture is still against that. If the girls reveal, they will be taken by their parents and married off, that is why we try to keep it low in favor of the girls.

Q: Where do you see Loreto in 20 years?

God willing, there will be more Loreto graduates working here, more students in the compound and hopefully more constructions in the school.

Q: Finally; The Awards! How did you feel having been nominated alongside the world's greatest women?

When people get nominated for an award, they have a choice to accept or

not to accept. I too had the same but the board advised me to accept the offer because it brings support to the school and the problem was that if I accepted, it would look like my award, but surely it is not my award of courage, it's the courage of most of the girls because each of them is breaking tradition by coming to this school.

Q: Thank you for your time and we wish you, the staff and the students all the very best of luck!

Sr Orla: Thank you so much, God bless you too.



A WORD FROM THE HEAD MASTER

I began as a professional teacher in term two 2006 in Uganda before I moved to continue with teaching in greater Kajo-Keji county in 2008

Loreto Secondary is a very popular school in South Sudan.

I got to know about Loreto from one of my friends who had taught here. I was motivated to apply for teaching in Loreto and I successfully got the chance in March 2014

I being the head teacher

Being the head teacher of Loreto girls secondary school makes me feel great because my team mates are hardworking and cooperative. the students in this school are exposed to many things in life. this means we are not only training academicians but also self-supporting citizens. the different cultural groups in the school is an opportunity for me to learn about the cultures of the country

I really appreciate that this is my second time to head a secondary school in South Sudan

My Challenges

In Loreto girls secondary, the main problem is girls being forced to be married off by their family members. it is really a serious breach of agreement by the families of girls because they go against what they signed for in the family commitment forms at the time of enrolling the students. Other girls have been abandoned by their families for refusing to marry and the school takes full responsibility for them.

This is unfair to the girls because both school and family have a role to play in raising a child

Insecurity and bad roads have also created a challenge to the school in a way that some students cannot manage to go home during holidays

Economic crisis of the country has further affected some girls in the school

Head teacher of Loreto Rumbek

Mr. Yuga Charles

MR. WESLEY NYANDIKA THE DOS



Q: Being a computer teacher and the DOS at the same time how does the internet help you?

A: Being the DOS you have to ensure you have the latest content in terms of notes, exams and even study videos, so with the help of the internet you are able to do a google search and get some past papers, visit YouTube and get videos for lessons or even coordinate with other schools to share exams and past papers

Q: You have developed a new system for exams, how is the new systems better than the old

A: The new system is an automated system which means everything is done just by a click of a button, the old system was manual meaning one had to enter the marks on a spreadsheet then do the analysis and copy the marks from the spreadsheet to the report form which was all done by use of pen and this was very tedious and messy because if I make a mistake on one subject then I will have to redo the whole report form again, with the current system a teacher only keys in the marks and the system does all the heavy work, the system will do the totals, the means, grades, generate the analysis sheets and the report forms. If you make a mistake all a teacher needs to do is login and correct the mistake and the system will update everything else

Q: Technology changes and evolves each day; how do you keep up with the latest technology as a computer teacher of Loreto?

A: Nice question, technology changes and that's very true, you might be having the latest phone in term of technology today but when you wake up the next day there is a new phone with new technology and features, to ensure that you keep up with the latest technology, first of all is to ensure you get the latest news from technology sites, e.g. you can always signup with big tech companies like Google, Microsoft, amazon and so on so that you receive newsletters and email notifications when there is a new change and product out there. Most companies also use social media site to showcase their new technology so if these platforms are used for the right reason then they will help you gain knowledge into the new technologies that come out each day. Lastly its all about an individual, you need to have self-drive to be able to learn the new changes that come out each day.

Q: Making report forms for students in Loreto at the end of the term seems as a big deal, what makes you do it within a short time?

A: Just as I said before we have an automated system, so when the teachers enter the marks, the system will check if all the subjects have been entered, then it will allocate all the scores for the subjects, the means and the scores for students and their means also, then it will generate the analysis sheets and the report forms. This process will take like 10 minutes if you have a good internet connection. So, within 10 minutes we will be printing the report forms. So, I can simply say the system is what makes it possible to have the reports ready by a short period of time.

Q: Do you think teaching computer at secondary level is important?

A: Teaching computer at secondary level is important but I would rather say computer needs to be taught through out all the levels. As you can see technology changes each day and wherever you go you will meet smart devices/gadgets, if you visit a home these days you will meet automated security. So to cope up with this technology then you need to learn technology always otherwise in few years' time we will have two classes of people, the technocrats and the ones who have difficult in using technology and you can imagine what will happen.

Q: As the DOS why do you prefer a mid-term and end term exam instead of continues assessments

A: When it comes to exams as much am the DOS it's something we discus as a whole staff, I cannot make the decision myself, so unless the whole staff and the administration agree then at the moment we stick to the plan we have, but again if we have to do exams all through then it means we will not be able to cover the content, we have a lot of content and limited time, take an example we use one week to do an opening exam, another week to do mid-term and another to do end term exam, those are three good weeks used up, take this out of the normal school term calendar which is 13 the we have 10 weeks remaining out of this 10 get a week for marking and recording of marks, you will notice that the term will end up being 9 or 8 weeks and that will make it hard to cover the content. Maybe what can be done is a subject teacher gives you a RAT at the end of a topic to see if the students have mastered the content and this is what we do most of the time.

Q: You installed a new version of Operating system and Office package on our lab laptops, how are this better than the previous versions?

A: The previous versions of OS used on the laptops was Windows 7, the current one I installed in windows 10 which is the latest and more stable version. The reason for the change is when Microsoft releases new OS they stop supporting the old ones, by support I mean they stop sending security patches and bug fixes, so if you are using window 7 and connected to a network, you can be hacked and your data stolen or even get corrupted and end up losing everything. So, when you do an update from the old version to a new version it ensures that your computer is more secure because having the latest version of the OS means the company will always ensure you have updates to fix any bugs and protect you from attacks and vulnerabilities.

Again, technology keeps on changing as we have said before, we teach our students so that they can get jobs after studies and even advance their studies, what they will meet out there are computers running windows 10 or a slightly lower version of windows 10 which is windows 8 or 8.1, this means if you were used to windows 7 then it will be a challenge for you trying to learn new things and catch up. But if we expose you right now to these new changes then when you go out there things will be very easy.

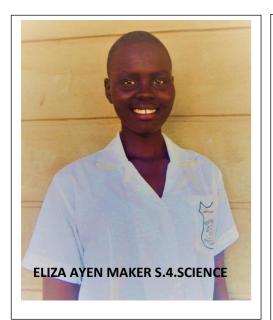
Q: As the DOS what are some of the challenges that you face?

A: As I mentioned before our school and exam system is an online system that requires internet to work. And as we all know getting stable internet here is very difficult, so at times when the teachers enter your marks the internet decides to "act up" and as a result when we print the report forms at the end we all know what happens, other students will have the marks missing since the system didn't save due to loss of connection. This is one of the biggest challenges.

Q: What is your advice to the readers of the magazine?

A: What I can say is that this is something new that we are doing, we don't know how it will come out, the only thing I can say is we are ready to take any feedback so that we improve our next editions. But all in all, we hope this edition will capture the readers and keep them eager waiting for the next edition.

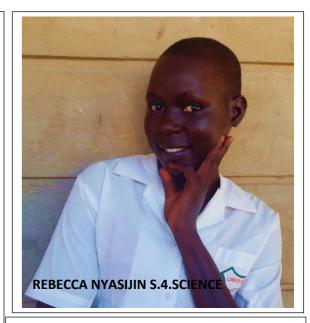
RELIGION



Word from editors

Hey!!!!!!! our precious readers out there, here is our part as religious editors. We would love you to learn on how we conduct mass in our school and about God and how we are close to him as His children. Believe it or not through Jesus Christ let's zoom into the room and praise the Lord.





THE MASS AT LORETO CATHOLIC SCHOOL.

In Loreto, the mass always start at the specific time where secondary girls wear school dresses and primary pupils join us in prayers every Sunday. We always pray together as one family whereby girls sing amazingly like angels in the paradise with passion and love.



Worries are part of life but still we have to overcome in a healthy way. Most of the time, we are carried away by our own worries not knowing that slowly by slowly they haunt us down. In order to simplify our lives, we must be God fearing and learn to respect others because worries of the world never end but becoming a full Christian and having strong believe in God, everything will be alright. Not only becoming courageous but also having faith in God helps in overcoming them.

Tough times make you stronger so worries make you stronger although it may seem to be hard, there is light at the end.

And always know that there are positive sides of things you worry about, so let's avoid stressful life and always pray to God such that we may overcome the worries and do the good things that we won't regret in life.do what you think is right and desires of your heart.

Your new life begins now not next week, not next month or next year so be of courage and accept the facts of life and move on knowing that through God everything is possible.

By Daniella Anok Anei

WHAT DO YOU DO WHEN GOD DOESN'T ANSWER YOUR PRAYERS?

When God doesn't answer you, you should continue praying to him as possible because God doesn't answer us directly after that moment, it takes time so let's be patient and hopeful my sisters+ brothers God loves each one of us, take note!! Thanks!

SR. ORLA (THE PRINCIPAL)

Sr. Orla is was from religious family; where they always pray rosary prayers every evening. She was the only girl among boys in the family and when she joined her secondary school, she involved herself in church life where she became a member of the youth in the church. At the age of 15, she earned the desire of being a sister. Sr. Orla didn't want to keep it to herself however, she shared it with her friends and all of the sudden her friends thought that she was out of her mind in that she couldn't become a sister according to them. She also went ahead and told one of her brothers who said, "her mind was still undeveloped and she should take her time to think about it." After all he opinions from different people, she decided to keep for herself. Sr. Orla met Sr. Camel who added her motivations of being a sister. Nobody in her school had ever thought of joining sisterhood but with the help of God she became the first to think about serving God. In order to continue with her dream, she joined a catholic university where she studied Christians Religious Education (CRE) since she wanted to know more about God. While at the university, she used to visit

When Sr Treacy first decided to become a nun, she never imagined she would end up the principal of a school in a war-torn state in east <u>Africa</u>. In fact, when she first told friends and siblings about her decision to enter the church, they told her she was crazy.

"I thought I was crazy too. I realized it wasn't fashionable or popular to become a nun at that time. I talked to one of my brothers and he told me to travel the world and then see how I felt."

Sr Treacy put the decision on hold and studied to become a religion teacher at the Mater Dei Institute. During the summer after her final year in college, she Worked in <u>Calcutta</u>. "That was a real changing point for me. There was a lot of hunger and hunger and poverty in Calcutta in the early '90s and that really struck me. I had accepted a job to teach religion with the Presentation Brothers in <u>Cork</u>city and worked there for two years but by the age of 23 I realized that life wasn't for me and I joined the Loreto sisters."

New mission

It was only when Sr Treacy returned to Calcutta eight years later that she began to consider working overseas. She discovered the Irish Loreto sisters were setting up a new mission in Sudan following the country's 2005 Comprehensive Peace Agreement. It was believed the agreement would bring peace and stability following decades of conflict. "There was a sense that great things were happening in South Sudan. And so three of us set out there in February 2008."

I work with people who live very much on the margins: life and death, hunger and despair. Every day they live on the edge. And yet in that you can still glimpse love and hope every day

Ten years later Sr Treacy is still running the Rumbek secondary boarding school, the primary school and the local clinic. The past decade has not been easy. In 2011 South Sudan gained independence from Sudan. However, in 2013 civil war broke out in the new country, with some 200,000 people forced to flee their homes and more than two million displaced.

Hunger continues to be a huge problem in this country of 12 million people. "When we started the primary school we used to not feed the kids, but we've found over the past two years there's a great hunger, so now we feed everybody. We also need to provide healthcare because many of them can't afford medicine or access to good treatment."

As it celebrates its 10th anniversary, the school is struggling more than ever financially. However, Sr Treacy remains hopeful for the school's future and the education of girls in the Rumbek area. "I work with people who live very much on the margins: life and death, hunger and despair. Every day they live on the edge. And yet in that you can still glimpse love and hope every day."

After more than two decades as a nun, Sr Treacy is also confident she made the right decision by joining the Loreto sisters. "In life you're always wondering what if or what might have been. Being a nun is not always perfect and there are moments when I wonder what the hell did I do? But I don't think any relationship is perfect and I have certainly found a peacefulness in myself. I don't worry about the future too much and I'm very happy in the role I've chosen."

FRIENDSHIP WITH THE WORLD!!!

MORE HOPE FROM SR. ORLA FOR THE YOUNG WOMEN OF SOUTH SUDAN.

Sr. Orla has hope to establish more schools in S. Sudan but she is feeling so sad because no girl has ever joined the Loreto sisters since in the year 2008 up to date.

She has strong faith and believe in God that one day she will be blessed with young Loreto sisters from South Sudan and this will give her more courage to build varieties of Loreto schools in South Sudan. Sr. Orla is welcoming every girl to serve God with desire from one's heart. Sr. Orla then concluded by telling girls that "serving God is a desire and free choice", just like the way you fall in love with boyfriends which inspired girls most especially editors and increases their enthusiasm as well.

A true Christian bears the risk of preaching the gospel under many circumstances such as opposing denial among others still have perseverance. We are responsible of what we think, say and do, so take tolerance and apply it in our life to secure our brothers' lives with loving heart which wouldn't hurt someone.

We tolerance to admit ourselves in Christ's mission at home, school hospital to treat and care for the patients.

Beloved sisters and brothers let's embrace tolerance and perseverance with pure hearts to serve God +shall find a precious award.

By Faustina Nyabol

LETS LEARN TO LOVE WHAT WE ARE AND WHAT WE WANT TO BE BY PUTTING GOD FIRST IN EVERYTHING WE WANT TO DO FOR HE IS WORTH LIVING

PROBLEMS FACING DINKA GIRLS IN JOINING RELIGIOUS LIFE (SISTERHOOD)

First and foremost, Dinka girls are regarded as source of wealth to their parents. Some parents marry off their daughters at early stage hence no room for girls to make a right choice in their life. Some parents have not yet understood the goodness of sisterhood, therefore cannot easily agree to allow their girls to join unknown belief said by most of them. most of our parents believed that procreation is the only way of sustaining life and fulfillment of God's command. Some girls are not brought up according to religious way of life hence they have no interest in vocation of sisterhood.

Rose Alith Riak Machar

WHAT WILL SOUTH SUDAN GAIN IF MANY YOUNG GIRLS JOIN LORETO CONGREGATION?

- There will be hope, love and forgiveness amongst young women of South Sudan.
- Many Loreto schools will be stablished for girls in South Sudan which will help them become courageous.
- The vision of Mary Ward will be fulfilled among the women of South Sudan.
- There will be peace in the Country.
- There will be equality of education for both girls and boys.
- Many young women will give up their lives to support the communities in South Sudan.
- ❖ There will be reduction in early and force marriages as girls will at most time the schools due to varieties of girls schools.
- **❖** Many young women will have strong faith and believe in Jesus Christ.
- Full commitment and focus to fulfill Mary Ward's vision as there will be no destructions.

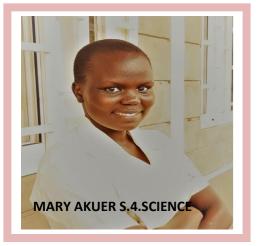
ZUDUE JULIANA AMATO.













Some quotes of achievers.

- Under promise and over deliver is a formula for success (by Peter F. Drucker)
- ♣ In order for you to succeed, your r desire for success should be greater than your fear of failure (by Vince Lombardi)
- Men succeed when they realize that their failures are the preparations for their victories (by Bill Cosby)
- Success does not come to you; you go to it (by Samuel Smiles)

ACADEMICS





ACADEMIC IS ALL ABOUT SUCCESS IN LIFE.

Everyone in this world is capable of becoming an academic giant but it depends on how we take things. There are some tools we have for everyone who wants to become an academic giant, they include:

- Positive attitude
- **Determination**
- * Hard work
- * Time management
- * Think big or have big dreams in life
- * Confidence
- * Faith
- ***** Норе

CAREER OPPORTUNITY

Dear readers, to choose career is your own opinion and option but I pity those who needs to be led like a lamb. In future career belongs to you without those whom you expect to tells either to do Science or Arts. Life is your own and your career too, so don't ever there to interfere with someone's option. As you see billions of people roaming and gossiping in the cities, towns and villages without jobs are those who were been misled to follow their friend's footsteps and now they are regretting. I come to notice that most of our people miss their career just because of mathematics, history, commerce and physics in science section, my dear ladies and gentlemen, being an expect is your own opinion, effort and attitude towards that and failure is your laziness. Also there is a believe we put in our mind that Arts students can't do what the science students do and science can't do what the Arts do which is totally wrong because there is general science in Arts and Political science in science section.

All those defend on your effort and attitude towards that. As it is said, "without suffering no achievement of any goal", so suffer first and gain your desire goal. I darted my eyes around several times and I found out that thousands become jobless after their compass not because they lack knowledge but due to wrong decision. Others become robbers, corrupts and briberies, but it is said, "walking to the wealth with knowledge is poisonous".

And I prefer this quote which says, "it is better to eat a dry crush of bread with peace of mind than having a banquet in a house full of troubles. Please dear never grab people's properties for survival but work hard to yield your wealth through your own sweat, it better to be poor but honest than being a lying pool. Make a right decision and have a better future.

BY MONICA ATHIENG CITHIC CHAWUL YUOL {MACCY}

ANSWERS TO YOUR QUESTION

DEVELOP POSTIVE ATTITUDE TOWARDS
THE SUBJECT AND THE TEACHER.

This includes the love for the subject and the teacher during his/her lesson.

BEING ACTIVE DURING THE LESSON FOR THAT SUBJECT.

This activeness prevents you from missing out the teacher's explanations that would later make you difficult to understand the work that had been taught.

BEING CONFIDENT OF YOURSELF THAT YOU CAN DO THAT SUBJECT.

To be confident of yourself avoids you to have self esteem which would rather make you lose confidence in yourself.



You will never be a failure till you stop trying

Success comes but you have to first fail thousands of time before you become successful

Quiting is not the solution but trying is the answer to what you want to be

REASONS TO WHY SOME PEOPLE FAIL TO SUCCEED WHILE OTHERS MAKE IT OUT.

To have failed to succeed means to have failed in all your hard work at your studies and to have succeeded is to have passed in your studies. Therefore, the following are some of the reasons;

WHY SOME SUCCEED

This success comes from

• EXAMINATIONS AT SCHOOL

Having passed your exams very well at school makes you to succeed since you will have to apply the same knowledge of exams into the interview given to for any job.

• THROUGH MOTIVATIONS FROM OTHER SUCCESSFUL PEOPLE.eg the teachers.

Some other people succeed due to motivations of the teachers given to them.

Regardless of how you want to avoid the phrase "hard work" since you think it's clichéd, what separates the men from the boys and the girls from the women is pretty simple

- Successful people make reservations and unsuccessful people make plans
- Successful people know when to fold them and when then they understand when it's time to walk away
- Successful people don't live in fear. They may be afraid, but that doesn't mean they let that fear paralyze them. They move ahead
- ❖ Successful people see something and they grab it

IN ORDER FOR YOU TO SUCEED IN A CLASSROOM, YOU NEED TO DEVELOP SOME ACADEMIC SKILS LIKE

- 4 Critical thinking
- 4 Research abilities
- 4 Reading proficiency
- 4 Oral communication and written communication
- Analytical thinking and problem solving

In order to succeed in classroom learning, students must possess motivations, dedication, commitment to tasks, intercultural understanding, sensitivity when communicating, flexibility, test preparation strategies, the ability to prioritize and strategies to deal with procrastination and anxiety.

Communication is a primary example of an academic skill .Students need to be able to orally communicate with peers and instructors, express reflections and thoughts showing critical thinking during class discussions and show cultural sensitivity when conversing with peers. Written communication is also a primary example of an academic skill because students must know how to express themselves in writing. For example, students are required to write essays, speeches, research papers and analytical case studies at almost every grade level and in nearly or disciplines, including English, History, Social Sciences, Psychology, nursing and literature. To improve academic skills, students can request help from teachers and instructors and take advantage of school resources like tutors, social workers student mentors and specialists who work in the academic centre



SENIOR FOUR RESULTS, 2018.

Our school has been one of the most leading schools during

the national exams in the previous years back but in 2018 - 2019, it was incredible in that seven (7) of our girls were announced among the top ten (10) candidates in the state where there were many schools but only our school made it to the best of the best.

The best seven students of the year as follows,

NAMES	AVERAGE	SECTION
Abuk John Akech	91.1	Arts
Debora Abak Jacob	88.6	Arts
Suzan Amook Gakmar	87.4	Arts
Elizabeth Achien Makeny	86.3	Arts
Sandra Amiok Malek	86.3	Science
Mary Akol Mamer	86.0	Science
Monica Ayok ROU	86.0	Arts

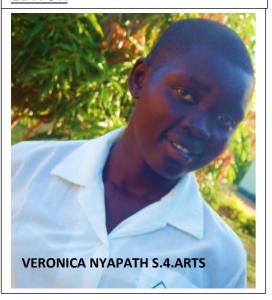
It was really problematic to our neighboring schools and also a wonder to the community about how a girls' school could lead in the state because they believe that girls are weak in academics but we ourselves believe that we are stronger in that.





SPORTS EDITION

WORD FROM THE SPORTS EDITOR



It's a pleasure for you to read this part of the Mirrors magazine.......... actually am impressed to be one of the editors, so my word to you is please read and enjoy with fun. Thanks.







WORD FROM THE SPORTS LEADER



Sports is one of the things we

have taken seriously and mastered as a school. We put effort in this curricular activity so as not to shine only in academic but also in sports. Students in Loreto get chances to interact with other students through sports and they as well as get some core values we hold as a school such as humility, respect, charity and teamwork.

These are some importance of sports I have noted as one of the sports department;

Sports is important to keep students healthy. Sports helps to relieve stress. Sports provides a healthy space for competition. Sports teach the significance of team work and working together for a common goal. Sports helps us to learn about working hard, dedication and the importance of practice. Sports

I amalways amazed when I hear people saying that sports create good will between/among nations and if only the common people of the world could meet one another at football, cricket, volleyball, basketball, racing or netball grounds, it would be fun creating peace among the members, they would have no inclination to meet in the battlefield. Attention dear readers! Sports are not a source of prestige but it's fun and exercising. Spectators! Spectators! Shouldn't I blame the players? No. "Some spectators", even if they don't intervene physically, they try to influence the game by cheering their own teams and rattling opposite team with boos and insults, which bounds up hatred, jealousy, boastfulness, disregard of all rules and sadistic pleasure in witnessing violence; in other words, it is war minus the shooting. Thanks dear readers and have

By: Nyasijiin Kud

Have you ever run for a long distance as in a competition? The above girls

Are fast runners but guest who is the fastest???......don't worry at the end of this you will know. At Loreto, there is inter-class competition at the end of every term. At the competition, the activities are; basketball, volley ball, sack racing, tag of war, short pull and lastly racing between classes.

In this case, Helen Ding, Sarah Akolde and Jacklina were running, and it was hard to know who the winner was going to be, they ran and ran and ranand ran but at the end Sarah was the winner and she was recognized the best runner of the school. I would like to tell my readers that running contributes much to our health, so at least every evening go for jogging. THANKS.

AWORD FROM THE SPORTS

One the most important thing in life is sports. I would love to talk about It as a sports prefect. Being a sport prefect has merits and demerits. The challenges are; sometimes you force people to the field yet it's their own health and if you are not that person who is so serious you can't make it. At least make them comprehend what is all about sports and some will take it as their talent and they will always remember you who forced them build their talent.

All in all, challenges are what make life meaningful and it's for you to dream big. The good part of being a sports prefect is that it makes one very active in sports and strengthen you physically and emotionally as well.

There is nothing more important than you dreaming and fantasizing about the wonderful things you can become

By: Becky Nyinuer

VOLLEY BALL AT LORETO.

This volleyball has really improved so many things to me like academics, strength and built my emotional thoughts as it's stated that a winner is always a winner, so we (the Loreto team) are winners, we feel and believe that we are winners. Believe in yourself and you will move a mountain. To my readers, showyour talent in sports and you will find tokens of appreciations from different communities.

By: Monica Lok

At Loreto volleyball is one of the most active games, being one, the players are committed in their various teams. One of the good things is that the players go to the field everyday making them strong and cooperative. There are two volleyball grounds, one for the junior players and the other one for the senior players apart from the school team which proceeds for competition with other schools. There are high hopes that Loreto players will be the South Sudan teamplayers. I would like to tell my readers that, volleyball will never make you feel bored, it also increases your courage to communicate with others freely. With all this thanks for reading.

By: Katerina Akon S. 3A



BASKET BALL AT LORETO

I am impressed by the sportsmanship that students apply on Basketball at Loreto.

It's the game students have taken seriously because it strengthens them and sharpen their minds not only in sports but also academically.

So I graciously extend my gratitude to the sports department, not forgetting Ncky Hess and the administration for the great improvement on Basketball.

By: Adut Sarah













INSIDE



Word from the Editor

My dear esteem readers you are highly welcome to the most important part of the magazine

Inside Loreto is what you need to know to answer all your question about the school. Most of You have been so eager to reach this part and here it is for you to. Enjoy as most of your curious questions are being proven wrong or right

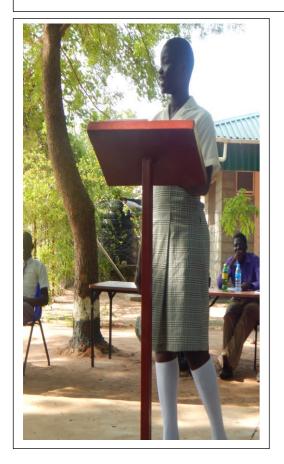
MONICA AMOK GABRIEL

THE POWER OF HAVING FRIENDS

How to choose friends

Do you have friends, and how does it feel to have friends? I know to most of you it is very exciting and interesting but sometimes be wise when you are in a friendship and choose your friends wisely. My Biology teacher always tells us to choose friends but do not let friends choose you ,guess what I mean----,sometimes when you are the one to choose your friends, you know exactly what kind of people you will choose to be your friends and how they will influence your life and according to me, they will make your life wonderful. When you let friends to choose you, do you know happens, mostly they want you to do what they want and by this you become a puppet to them.

Believe me this friendship will not last for long because most of the time this people expect something from you and you will be irritated and unhappy at the same time you feel that you are not what they think you are to them when you are with them. So I urge you to choose friends that are always there for you, those who will influence your life positively



THOUGHTS

If we understand the power of our thoughts, We would guard them more closely. If we understand the awesome power of our words, We would prefer silence to almost anything negative. In our thoughts and words we create our own weakness and our own strengths. Our limitations and joys begin in our hearts. We can always replace negative thoughts with positive only if we have the desire to do so. Have a deep driving desire to learn, a vigorous determination to stop worrying and start living with clean thoughts

NYALONG MATIOP

WHOM AM I

Iam your constant companion.

Iam your greatest helper in heaviest burden.

I will push you on to success or drug you down to failure.

Iam completely to your command.

Half the things you do, you might as well turn over to me and I will be quickly and correctly.

Iam easily change, I learn quickly ,you must merely be firm with me.

Show me exactly what you want done and after a few attempts, I will get it done for you.

Iam the servant of all great men and alas of all failures as well.

Those whom are failures I have made failures, Those who are great I made great.

Iam not a machine though I work with all the precision of a machine.

You may run me for profit or use me for ruins, it makes no different to me.

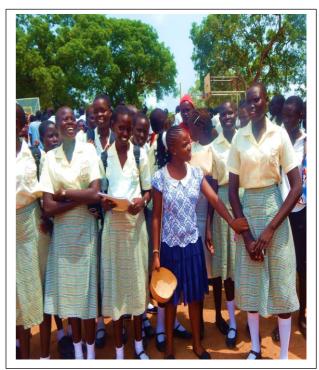
Take me train me, be firm with me and I will put the world feet.

Be lazy with me and I will destroy you

Whom am I?

Iam ATTITUDE

Hellen Piath Mathiang





NEVER GIVE UP

There are days when you realize as if the whole world is against you but what do you do? Of course no. You don,t have to be understood by everybody. When we fail sums in math. We don,t have to give up but build up confidence, courage and an attitude that is strong enough. Life is a journey and it's not a good journey because it's filled with ups and downs. You have to fight one more round in order to be successful. The road to success becomes bumpy and still you have to struggle because there is a task to accomplish, to ascertain that those whose zeal is ongoing are not mislead.

So dears stand up for what you believe in and make your life fruitful and omit the word "giving up" in your lives.

MARY AMEER

THE SCHOOL FAMILIES

Loreto families were formed by Miss Otieno; she was a teacher. She came up with the idea of families to unite students from different places.

Before the introduction of the families there was a lot of conflicts among the students because they never understood each other as one people.

By then, there used to be tribal clashes in the country and girls were not at peace with fellow students but since families were formed they are united and have learnt how to socialize with one another regardless of place or color. **AKOL CHOL**





CHUKUDUM



MERU FAMILY



LOPID FAMILY

NUBA FAMILY



RWENZORI



IMATONG





KILIMANJARO



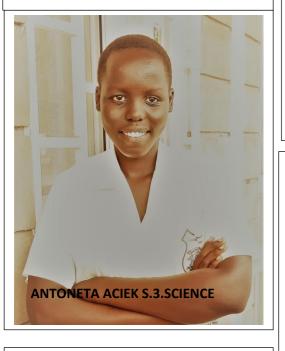
LIBIA FAMILY



LINDA FAMILY

POLITICS

A WORD FROM THE EDITOR



It is such an honor to be part of this edition of this magazine not forgetting to put the almighty God in the first place that he has taken ever since I started my leadership roles. Through my leadership journey in this mighty school, I have learnt that it takes sacrifice to live a happy leader. To our esteemed readers, this yet another opportunity for us to get informed about the social, political and other issues that are worth pondering about. Well, the year has been such an amazing one holding such memories and achievements that the Lord we serve as Loreto community has been blessed with.

The school politics is about the leadership of all the students in the school particularly the prefects and any other leaders like club chairladies in the Loreto School. The choosing of leaders in the school is based on mainly appointment as in the prefectorial body and election for the club heads

Poliics is done following the school criteria where by the students apply

We select basing on what's written by the applicants.

There is always shortlisting and grouping that we do. Selection of the prefects is based on many things such as discipline, academic performances, activeness in sports, respect. We can't select someone who has bad records. Here democracy is considered.

There are rules governing on how you are removed from that post, considering what crime you have committed.

Each prefect has copy of their duties and responsibilities. Prefects have several meetings in order to find out the problems, those problems are forwarded and others replied.

Prefects are the eyes of the teachers and should follow all the rules and regulations

I was a Games and Sports prefect. I was also once a hospitality prefect. It is not easy to deal with people but all you need is to be tough. You don't work for the school but for the community. There are challenges you face; you will find those that don't like you but all you have to do is to improve your leadership skills and be a community mobilizer. I advise you to never give building your abilities

BYMR, ELIAS

PATRON OF THE PREFECT BODY

Serving in this great institution as a head girl has been such an honor to me and it has been an experience that I am so grateful about. As our role model Mary Ward says "in time to come, women shall do great things." And fulfilling her advocates of Sincerity, Freedom, Justice and Joy in order to produce God fearing girls of high integrity who will impact a positive change in the Society and mission of moulding the girls into great ladies through quality education.

I will conclude by saying a lot of appreciation to the school administration and staff for providing us with all the best.

BY CHRISTINE ADENG

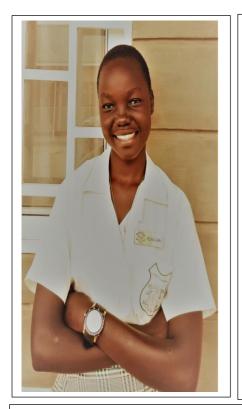
HEAD GIRL

2018-2019



NEW PREFECT BODY 2019

The choosing of the new prefects was done by appointment for most of the positions except the head girl and the deputy head girl position through election. We had our very first campaign in the history of the school. Our prospective candidates were Mary Akuer and Teresa Akudid for head girl seat and Hellen Atheen and Naomi Awut for the deputy head girl seat. They made their speeches on that day that captivated the attention. The campaign was done on Monday, 24th June, 2019. The speeches made the audience flabbergasted. It was as if we were listening to NELSON MANDELA or any other inspirational leader in Africa. The voting was scheduled for the next day and the results were to be announced on Friday of the same week. Teresa Akudid won with 162 votes while Mary Akuer had 123 votes for the head girl position. Hellen Atheen had 122 votes while Naomi Awut had 169votes for the deputy head girl position. Some classes had voted for their leaders 100% such as S.3 W. This shows a sign of unity as a nation. I urge all the students to have a sense of loyalty, love and commitment.



A word from our new head girl of the school. (AKUDID TERESA)

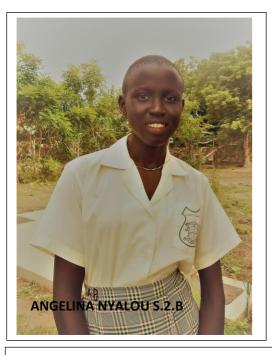
BEING, a politician could really be something that we shouldn't joke about. Frankly speaking, it was not an easy journey becoming a leader. My first journey as a leader was when I was in Senior one as a timekeeper. The journey motivated me into a new post as the Assistant head girl. And you can imagine how I had just flown from the least post in the school to the second highest post. Being the Assistant head girl had also given me some important lessons such as how to be strong and bold which I had never been. Still that was not the last stand of the journey that I was running through and finally I caught the person that I was chasing, that is the post of being the Head girl of Loreto Secondary School. It really took me of hard time reaching this point of becoming the Head girl but I didn't give up. I went through a truthful campaign attended by the students and some of the staff members. The campaign was very successful and the students were now divided into our different camps because voting was to be the next day. It was done fairly in all classes with democracy but there was only one class that won my heart on that day when they voted 100%. This was my precious class of S.3W. To be honest, I actually cried on that day due to happiness because of the love they had shown me.

To my dear students or any other people, you should always aim for higher things and never give up because helps you in your future to overcome challenges.





HUMOUR



FUNS FACTORY

Welcome to the world of fun and jokes. Laugh out your stomach. make life impressive with Loreto fun.



. WHO IS THE GREATEST?

There was an argument that emerged from the four professionalized people. It consisted of a teacher, builder, doctor and a lawyer. So they went to court

DOCTOR: Oh my GOSH! If I wasn't present, would any of you come into existence without my skills of midwifery.

LAWYER: "Objection my Lord "I am the greatest among the four, simply for I defend you to be bailed out when you are behind bars.

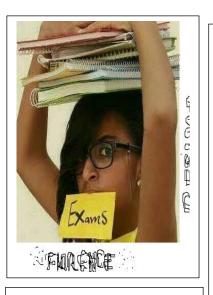
BUILDER: Do all of you have sense? If you had a bit of it, you would have asked yourselves who makes the shelters and you boast about each and every day. I am an inventor so I'm the greatest.

The Teacher sat at the behind of the court room and silently watched the drama, He finally stood up and said,

TEACHER: I gave each of you the knowledge that you are boasting about today.

According to you, who do think is the greatest among the four professionals?

PIATH MAYEK MARIAL



I went to court and I had the Judge said "ORDER!" I replied "Rice, chicken and juice."

Now three policemen are escorting me outside. I thought we are going to a restaurant.

ROSANA NYANWAAT

High school comes with shyness!

Most high schools are affected dearly by the look of its realistic moments in life.

Ask your parents, teachers and the adults about their high school?

Do know you what they will tell in return? Some either frown and depart from your presence right away or the other category hardly swallow their saliva and tell you the facts. Dear mosquito, we know biting us is your work

But is singing really necessary?

Hellen

Teacher: sera, spell the word orange.

Sera: which one, sir? Color or orange?

adut

Just two weeks at university and you have started saying "woora" instead of water. That is witchcraft.

Bahkita Josephine.

I will not marry a guy with no car. Says an ANGEL who showers with soap until sim card size.

VICTORIA ADAK



of the pilot.

Mathematics will be like; a plane which is travelling at 234km/h southwest and the wind is blowing 5km/h southeast. Calculate the range of the pilot.

I want to marry a wife who stammers a lot, so before she finishes saying, "baby, I need money"

I am already in my office.

Nothing in creation is greedier than the eye;

That is why it sheds tears so often.

Katrina Akon

A woman went to the garden with her children. The garden was near a lake. She told her elderly daughter to look after the baby. The ANGEL instead played with her doll leaving the baby alone. When the mother saw this, she got the doll and threw it in the lake; the ANGEL got the baby and threw it in the lake. Same to her, the mother got her and threw her in the lake. When the husband came home, he asked where the children were. She said they were in the lake. Then suddenly a stranger was passing by and saw the

Incident taking place, he hurried and threw the man into the lake.

PRISCILLA

ATHIANG



Do people who cannot differentiate between exit and exist still exist?

Monica marial.

How can I trust people with a gap between their teeth yet they have a free way for lies!

Maria Adong

LAUGHWITHME

Ayoung boy was eating sweets and a man came and sat near him

Man; do you know that eating sweets is bad?

Boy, maybe to you and do you know what?

Man; No, may I know.

Boy, my grandpa died at the age of 100years.

Man; why?

Boy, he minded his own business.

So dear readers learn to mind your own business.

AYEN DHEIU

There were two people who seat under a mango tree. One was blind and the other was deaf. Then suddenly an orange fell from the mango tree.

Guess who picked it first.

AKOUT MAKUR

Three drunk guys (peter, Davis and Joel) entered a taxi, the driver knew that they were drunk, so started the engine and turned it in a quick succession and told his passengers that they have reached their destination. Then peter stepped out of the taxi and told the driver to take the fare for the three of them. Davis followed peter and the driver "thank you" lastly Joel reached for the face and slapped the driver hardly. The driver was puzzled and asked Joel why y for the heavy slap?

Joel replied "control your speed next time! You nearly killed."

Priscilla Adong form 3A.

Nothing is more painful than being separated from the person you have been coping answers in an examination.

Martha Nyanaliir form 3A.

ANGELO; Do you have a boyfriend?

ANGEL; No! don't want a boyfriend.

ANGELO; Genesis 2:18 "the God said that it's not good for man to be alone."

ANGEL; But I don't love you.

ANGELO; John 4:8 "whoever doesn't love does not know god because god is love."

ANGEL: But how do I discern these words are true?

ANGELO; Mathew 12:34 "for the mouth speak what the heart is full of."

ANGEL; But how can I be sure that you are faithful and honest?

ANGELO; Mark 13:31 "heaven and earth will pass away but my words will never pass away."

ANGEL; But why me? There are so many girls out there.

ANGELO; Proverbs 31:39 "many do noble things but you surpass them all.

ANGEL; But what do you see in me that makes you love me?

ANGELO; Song of songs 4:7 "you are all together beautiful my darling. there is flaw in you.

ANGEL; But am not that beautiful you are exaggerating.

ANGELO; Proverbs 31:30 "charm is deceptive; beauty is fleeting but a who fears the lord shall be praised."

ANGEL; But what will happen if I say yes?

ANGELO; Genesis 2:24 "is that's why a man leaves his parents and is united to his wife and they become one flesh."

one nesn.

ANGEL; how is it that you know many scriptures?

ANGELO; Joshua 1:8 "keep this book of the law always on your lips, mediate on it day and night, so that you can be careful to do everything written in it. then you will be prosperous and successful."

ANGEL; Wow, I can see that you really love god.

ANGELO; psalms 34:8 "taste and see that the lord, blessed is the one who takes refuge in him."

ANGEL; Hmm! Okay give me sometimes to think about it.

ANGELO; Philippines 4:8 "finally brothers and sisters whatever is true, whatever is noble, whatever is lovely, whatever is admirable, if anything that is excellent or praise worthy think about such things."

ANGEL; Ooh I love you already.

ANGELO; Revelation 22:21 "AMEN."

Dear readers let Boys alone deceive Boys and girls are full of "BUT." And also read the bible you may be asked the shortest verse in the bible and you say "Amen."

ANGEL BOL S2B

The teacher; students, explain the newton's law of motion?

Angel; put her hand up

Teacher; yes, angel tell us.

Angel; tr. I only remember the last line only.

Teacher; okay tell us the last line.

Angel;and this is called the newtons law of motion.

Ha-ha laughed the class

Regina amkou





MY TREASURE.

My treasure, delicate it is,I hold it close to me as if it would break if I let goMy treasure, dearest to me, how losing you would shutter meYou hold a very special memory to me

Gold, money and silver none to be compared to youA very special kind that is worth my lifeFragile like a new born that one can't fail to notice its worthOnly one of its kind that can't be compared to the pretty moon.

Oh' my treasure, my shadowWith you part of my life lies in my care you were entrusted and shall keep you with me even if it is my life that it takes accomplish that.

By Doris Ayom Bol

A woman rejects a man of vision and accepts a man with a television and she ends up watching the man of vision on the man with a television's television. Watch out young woman.



There was a school somewhere far from the city, in that school there was one student didn't know any word, the teacher instructed him to look for three new words and that was to be his homework.

He went home finding his elder sister reading a novel. "Give me a word?" says the boy.

"Stupid" said the sister. In a quick succession, he wrote it down in the book. He found his brother watching television and asked him which movie was he watching.

He answers his young brother without a glance "superman", he immediately wrote it.

He saw a couple holding hands in the street as he was passing by, suddenly a taxi was called by the guy and the woman entered first. This shocked the boy and questioned the guy "why" the guy replied with a smile "ladies first" He wrote it down again.

The next day at school, he was very proud of himself that he kept on smiling. TEACHER: Where is your assignment for yesterday?

BOY:" STUPID"

TEACHER: Who do you call stupid? Who do you think you are?

BOY:" SUPERMAN"

TEACHER: "GET OUT!"

BOY: "LADIES FIRST!"

JACKLINA AGOL

A father used to tell his children that they shouldn't fear to pass near the graveyard at night. He told them that God was everywhere. Then one day, he was coming from the shop at night suddenly he had voices but he couldn't tell who it was because the place was fenced. One voice said "you don't mind me taking the bigger one" while the other said "we should share equally", So the man was interested, he wanted to know what they were sharing then he had one voice counting, that's your and this is mine and more scaring he heard one voice say "you now have ten and I only 9", "well don't worry" said the other voice, "one is outside the fence", on hearing this the man took to his heels and screamed not knowing these were two thieves stealing mangoes from the graveyard and he thought they were sharing dead bodies.



What did an eye tell the other? Between you and I something smells fishy.

SANDRA ADIT

There were two people who seat under a mango tree. One was blind and the other was deaf. Then suddenly an orange fell from the mango tree.

Guess who picked it first.

Teenage relationships are very deceiving sometimes due various reasons and below you will notice one in the conversation below.

ANGEL: Hi!

BOY: Hello, are you fine?

ANGEL: OH! AM VERY MUCH OKAY.

BOY: Will you be free on this weekend? Can you come to my house?

ANGEL: I AM SO SORRY THAT I WILL NOT
MAKE IT SINCE AM ATTENDING A
WEDDING CEREMONY FOR MY AUNTIE.

BOY: Okay... I was just planning to take you for shopping to buy trending clothes and a smart phone, take you to a salon to plait your head with Brazilian hair.

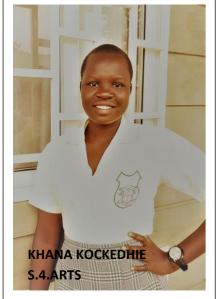
ANGEL: IF YOU DON'T MIND AT ALL, CAN I EVEN SPEND THE WHOLE WEEKEND AT YOUR PLACE SINCE I AGREE WITH YOU NOW.

BOY: What about the wedding ceremony?

ANGEL: WHICH WEDDING? I WAS JUST KIDDING.

BOY: REALLY! AND SO DO I.

MONICA YOT





Welcome to the land of the realities of our lives, the joy, peace, sorrow, sadness and love. Sit back and don't feel burdened or startled because we are all experiencing it. Smile and let Emma and Khana explore you on what it means to have a life that you should cherish.

Life is a will, a longing and an urgency to discover oneself, capabilities, talents and potentials or maybe it is just life that is what is will always be until........ No one knows. We all experience joys and sorrows but we always move on because we can't stay down with one or a thousand falls. It happens every day, when we are hurt, we just wipe our tears and when made happy, we smile because we can't be happy or sad always.

It is puzzling how things are the same yet we keep getting bigger and our likes change. School is there and will always be. Each of us has a life to live and what makes the difference is how you live it, what do you want your life to be. In life there are no right choices or formulae like in mathematics you make your own basing on your dreams but there are things to put in to consideration.





-The eight most important principles you need to know

- 1. Be content with what you are
- Don't base your life on someone else's
- 3. Have faith in yourself
- 4. Don't underestimate anyone
- 5. Don't compare your life with someone else.
- 6. Be firm with what you say or do if you feel it is right
- 7. Let you be advised but not decided for.
- 8. Try being kind or compassionate

To the people you love and love you

Respect them, because they earned it.

Trust them because they proved themselves.

Smile at them because they are a reason you smile.

Pray for them, because they need it.

Support them, because you are for them

Stay by their sides, because you owe it.

Be open to them, because they will advise you.

Don't fail them because it will break their hearts.

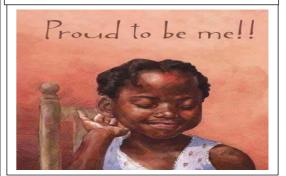
Forgive them because they deserve it.

Lastly, love them because they are really worth

Sometimes people find it hard to believe that some things are happening but those are the realities of life we are facing here in Loreto

Secondary School. When life is favoring you,

would never imagine that in a crowd there is always every individual who is not having a happy story. The main problems we face as Loreto girls and as humans created by God









Relationships

We bring you to the eye catching article of relationships

When we hear about relationships, we usually go to different chapters. Yes, it's true there are different relations that we share, you could be friends, family, workmates, you could share romantic feelings and others but no matter which the relationship it always has two sides the good part and the negative part. We are mainly going to talk about friendships and love affairs because as teenagers this are then main topics we dwell on......

Who is a friend?

A friend could be a male or a female. A friend is someone who never gives up on you who stands by you no matter the weather think you know what I mean whether its winter, snow, spring or autumn. The people who will hold on to us no matter how hard the storm hits.

Friendship is a tie stronger than blood. It connects people to a bond more like sisterhood. When you have a friend, you have escaped the jaws of loneliness. Friends are hard to get but easily lost so learn to treasure the times you have with your friends and cherish those moments

They are the ones who change us accordingly through bad and good times.

ALWAYS CONSIDER A FRIEND'"

As I was collecting the stones I lost the diamond", most of us feel superior when we have so many cool friends but if you look back, you will realize that you lost that person who really cared for you. We don't have to be deceived by have many promises they make because your words conceal what your heart feels the teenagers and the youth are the mostly affected group. Please my dear never forget that not all smiling faces are happy. You are special, and that friend who is able to see that special part of you and loves you for who you are is the right person to be with. You don't have to change yourself to who you aren't to please others or to be accepted in a certain group because it is a waste of the person you are.

LOVE

Love is a feeling of great concern and regard for someone overlooking all flaws.

Most of us begin having this attraction towards the opposite sex, it's the moment we feel that we need this special person, we begin living in this fairytale of a happy life but, hey we are forgetting that in the real world love is so depressing. Falling in love is wonderful having someone to make you smile, sometimes if we are not careful that some love can turn in to a nightmare. The word love is a beautiful word that has been misused by so many people, love comes from the heart and most people mistake infatuation for love. You don't just love someone out of the blue, you first like a person and move on even as far as marriage is concerned.

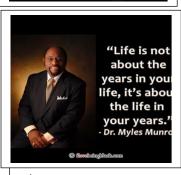
Some people love because others are doing it, but theirs and yours will be different because they felt it while you are following the crowd. Relationships arouse with so many problems and one of them is obsessions.

Loving isn't a problem but obsession is, this is a state in which you can think of nothing else apart from that person you are in love with. Others may see no harm in it but it surely has a lot of damage emotionally and mentally. Such relationships once they break they lead to a lot of frustration or maybe even suicide. Just remember this don't love too much, don't trust too much and don't expect too much because we are human who make a lot of mistakes and you will end up with a broken heart.

Dear readers always look in to your relationships and see if it is leading you to where you want to be in life because when something goes wrong you and you alone will face the consequences always put your priorities first because your career will never wake up and tell you it doesn't love you anymore but your lover can any minute

Follow your own choices because you want to. You are responsible for what you do no matter how you feel' Being in love is not about the number of breaths someone takes away from you but it's about the number of times your partner will keep on reminding you to breathe.

"If she's amazing, she won't be easy. If she's easy, she won't be amazing. If she's worth it, you wont give up. If you give up, you're not worthy. ... Truth is, everybody is going to hurt you; you just gotta find the ones worth suffering for."



Reasons to end a relationship as soon as possible

- If your partner never asks about your progress.
- He only asks about the state of the relationship.
- 3. Never advises you but flatters you always.
- Always inquires about you and never about your family or friends.
- 5. Never reasons well in case of any difficulty.
- Doesn't have plans for himself.
- 7. Never encourages you to keep fighting in life.
- Never tells you about the realities but keep assuring you everything is fine
- 9. Never appreciates your achievements.
- Doesn't believe in God.
- Doesn't appreciate friendly conversation and moments but rather intimate moments.
- Exploits your weaknesses and breaks your strengths.

The if(s) that when you learn to know them/you would marvel.

If you knew my gratitude you would double your efforts

If you fully understand me then I belong to you

If you think am beautiful then am the queen of your heart

If you want to make me smile play like a romantic schoolboy

If you want to motivate me don't judge my mistakes

If you want to earn my respect blush like a gentleman

If you want you and I to be one, let's be more than lovers

If you want to own me let me own your heart

If you want me to love you, forget of all the others

If you could read my heart you would know my feeling

WHAT THE FUTURE HOLDS

This is the story of one of our girls who believed in the future.

My name is Mary Laat I grew up in an extended family. I am the first born to my dad and mom officially but he had other kids outside. My parents were known to be wealthy in terms of cattle among our people back home and they were looking forward to my contribution too. I was taken to school in 2010 but later removed in 2014 to join the squad of cattle keepers. I remember my parents' refusal for me to be taken to Kenya for studies and it hurts me whenever I think of that memory. Some months later I came back to Deng Nhial P/S where I shifted to P. 5 and sat for P.6 and passed to P.7 by 2016. My father thought that I would be impregnated in his absence as he very well knew that I was an adolescent. He came for me at the end of the academic year 2016 and took me back home (in the village to catch up with my old duty of cattle keeping) This was awful and sad to my classmates. My father later relieved me of my stress by involving me in a cultural competition known as fat goal (where I was secluded for two months and fed on a lot of milk) This was celebrated after I became no.2 out of 73 girls. By then my father was planning to marry me off to the highest bidder (one who had a lot of cattle). He feared blame and allowed me to finish my P.8. I passed highly with an average of 85. Some of my relatives who had seen and tasted the worth of education convinced my dad that with my average I would make it. He felt convinced but he gave me a condition, if I didn't pass the interview to Loreto I would be given to my highest bidder. I had an interview and later passed and officially became a member of Loreto community. Life in school was fun, I got to make a lot of friends from different places. I learnt lots of staff and struggled to fit in this new society that was so indifferent from mine. The first and second terms were wonderful but everything came up again when we went home for holidays. Immediately we got holidays I stayed with some of my cousins for about two days before my uncle came up saying he wanted me in his house. I wondered why but didn't ask many questions I readily accepted. When we arrived there he told me I was to prepare because we would be leaving to Maper the following day claiming there is a traditional ceremony that needed me. I didn't believe him because I knew he was lying and none of those ceremonies ever needed me. I betted with him until he told me the truth. He told me that "You are getting married, the dowry has already been paid, its only you missing." I asked him who my husband and I was shocked when he told me it was one of our church leaders back home. That night I argued with my uncle and told him I wasn't going anywhere, when he heard this he got up went for a stick and kept on hitting me till I became silent. He did this for about two days until a prominent member of our place came and talked to me. He told me "Why do you need to suffer like this and yet we all know you can make it out of this." "Tomorrow just go you re a strong girl Laat You will make it out." I decided to listen to him and went home in Rumbek North where the wedding was to take place. My father mocked me as much as he could but I didn't prove myself weak in front of him and endured all the torture. The next day was my wedding, at night I was covered with a heavy blank and was accompanied by my cousins, sisters, some men and women to my future husband's house as was the tradition of our people. It was then that I decided to escape, I told my sisters and cousins to pretend that they didn't know where I had gone to. branched off and hid near a sorghum plantation along the road, the men soon discovered that I was missing and started searching for me, knowing that I would not be nearby they all bypassed me. I sat there for about an hour enduring all the mosquito bites. I then found my way in the plantation in the dark and travelled seventy-five kilometers on foot back to Loreto where I now broke down and wept uncontrollably because I was among people who cared for me. It is here in Loreto that I was understood, comforted and offered security from those who didn't care about me and my future.

Having gone through a lot in my life, I wouldn't want any other girl to face the same fate as I did so this is my message to you who will get a chance to my story;

In such situations we should all think critically before taking any step, first ask yourself if it is what you want and if not fight for your rights

Always express yourself for some people may quote you negatively and be truthful because the truth will set you free and lastly be firm on what never you decide because once you gave up at a certain stage then you will have made a mockery of yourself. Always remember that your tears of today are your joys of tomorrow

MARY LAAT

Message about forced marriages

The rate of force marriages is the main problem facing girls hence affecting their education and way of life. You might find a girl of fifteen years carrying a child and you would wonder if that's the sister or brother but obviously that's the child. After all they both end up living a miserable life, it even affects them psychologically because imagine a child with a man five to ten times her age and that's the life parents are happy simply because of wealth. As a matter of fact, that man fits to be their grandfather

A lot of thanks goes to the parents that allow their girls to go to schools, I know it isn't easy to be against all those that want wealth from the girl but her education doubles the bride price. It is not that you can't force them into marriage but it's the vision you see in the future.

For those of us that still believe in force marriages let's stop and join hands into girl child education after all, after school whom will the girl help? It's you the parents. ALWAYS remember

"IF YOU EDUCATE A GIRL CHILD YOU EDUCATE THE WHOLE NATION."

As for the girls that are given the opportunity, please make good use of it and just know that it is your success that determines whether your fellow sisters will have the chance or not. So be careful because the ball is in your hand and it's you to either handle it with care or not. Always remember that the road to success is never straight, it's about ups and downs but be firm and dream big as well as you think big and make your parents proud.

By Monica Yier (3 Arts)

We outliving all odds.

Sometimes in life disappointments flows like water in Nile River, your best friend may betray you, disappoint and even deny you at some points, but you may think that the world is against you which is false readers. The reality is that you should never trust anyone or even those around you.

Below are four things to keep on reminding ourselves whenever we are planning to make a step.

Firstly

No matter how beautiful or handsome you are. Just remember that even baboons and gorillas attract tourists. So you stop boasting around and know that we are all <u>unique</u>.

Secondly

However big or strong you are, you will never carry yourself to your grave. This implies that you should be humble and know that you will always need help at some points.

Thirdly

No matter how tall you are in life, you will never see tomorrow, this means that you should be <u>patient</u> all the time.

Lastly

Regardless of how rich you're and how many cars you have, you will always walk into your bed.

In life always be content with what you have and give special thanks to God for all he has made.

BY SABAH MATOCH

It's not every time that we are always happy, we undergo a lot of problems but we have learnt to outlive and always keep up bright and beautiful smiles here is another sad story that we should all learn to appreciate our backgrounds and respect all around us regardless of their behaviors you can't tell what battles they are fighting



As I write I can imagine how life after the death of my mother will be like. I can't imagine anything because I don't know whether dead people are capable of imagination, though our religion teaches us that there is life after death. I don't know it, but I hope my mother will open her eyes in the grave to see how our life is. My mother died on Monday 20th May, 2019 leaving us full orphans because our dad passed away some time back. We remained with our stepmother and then onwards life was going to be hard you know how some step mothers treat their step kids. Staying with her was like being thrown in a dungeon, it was like meeting a tiger on your way and you know how it would react towards you. We always felt no difference from street kids only that we had a roof on top of us to call a home. There is one day I will never forget and that's the day my step mom took her action towards me. It was evening when we had settled around the fire as a family and she also joined in. She asked us a question one that still trickles me even up to now. 'Why do you give me hard time by feeding you, you people have neither a father nor mother?' And neither can you afford anything for yourselves. We started crying, on seeing this she got up and came towards me, she began hitting me but fortunately my sister Mary intervened in and helped me from falling into the fire we were sitting around. I still wonder why she possesses such a character. But one thing I wish is for my dear mother wherever she is to hear our cry and see our loneliness. I hope that when the right time comes we will meet again but above all I LOVE YOU and your absence has left a deep hole in my heart. May you have the power to support us and answer us like **CINDRELLA**

As we said before we are individuals with different lives, some had happy experiences while others had sad ones. here is a tip for you, no matter what the situation may be always smile and remember that you can be happy when you decide to be. Here are messages from the girls of Loreto, Hear the voices of the mothers of tomorrow.

Never give up on your dreams

Giving up on your dreams is like jumping off a train before reaching its final destination. It is also like booking a flight but miss to travel. Dear friends always work hard so that you may have a successful future. It's time to show our parents that we shall pay for their hard work. To achieve your dreams, you must have courage and believe in yourself and never forget that no condition is permanent.

By Deborah Ayen Mabor

Challenges in life

When we least expect it, life sets us a challenge to test our courage and willingness to change. At such a moment there is no point in pretending that nothing has happened or in saying that we are not yet ready

The challenge will not wait, life does not look back, a week is more than enough time for us to decide whether or not to accept our destiny

Regina Ding

Life is not all about the number of breaths we take but the number of times that take our breath away.

Flora Abuk

Don't jump out of the frying pan in to the fire meaning don't move from a worse situation to the worst always strive for a better change.

By Lilian Kelili

LIFE IN LORETO IS FUN BUT EVERYTHING COMES WITH OBSTACLES

And we the QUEENS are here to make u understand how we climb all odds to be who we are. Be a dreamer and an idealist but don't forget to be an executer coz what's an idea without execution Here in Loreto we are one family but at the end of the day, we are different individuals with different families and experiences. Most of the students in Loreto face a lot of challenges like forced marriages which is the main problem, family instabilities, early pregnancies and so many others. We as women have always had challenges especially when it comes to education, most of the girls here are really determined about their education and the kind of future they want to have but with no support from their relatives, it's like trying to chew with a loose tooth. Here is a haunting experience from one of the girls here in Loreto...Early marriage is not a problem that affects South Sudan alone but it is a universal problem that many organizations have been trying to end. though it has reduced in many parts of the world. it's still rampart in our country.

<u>KEEP THIS IN MIND ABOUT</u> LIFE

Life is a bitter herb, sweeten it.

Life is a thirst, quench it

Life is a page turn over Life is a lesson, learn it

Life is a desire, grab it.

Life is a rock, hit it.

Life is beautiful, adore it.

Life is precious, love it.

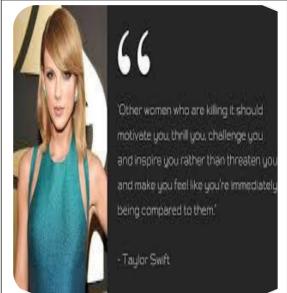
Life is a test, dare it

Life is a disease, cure it.

Life is fragile handle it with care

Life is amess sot it out

AND lastly dear readers' life is a game,





OUR INSPIRERS, THEY MAKE US BELIEVE THAT WOMEN AND GIRLS ARE BORN TO LEAD













Sometimes you wonder why some things happen, is it that you cant prevent them or were they just meant to happen but they say God has a book where he writes all things meant to happen and we don't think he is that bad to always write you must be crying and sad every time and never should you be laughing and glamorous. So when sad moments come cry out loud and when joyful ones come laugh to your highest.

Thank you dear readers for taking your time up to the conclusion. We can't promise ourselves heaven on earth but we can pretend it snows in South Sudan since nothing is IMPOSSIBLE.

Till next time

HEALTH



Benefits of black peppers.

- Relieves joint pain.
- Helps lose weight.
- ❖ Aids digestion.
- Promotes skin health.
- Loaded with antioxidants.
- Prevent gas problems.
- Treats hernia.
- Regular Keeps arteries clean.

KEEP YOUR BODY HEALTH:

Here are the arguments that Will convince you to pay more attention to way you eat

Will convince you to pay more attention to way you eat.

Sleep and exercise.

Good food nourishes the body and powers the mind. For students, the best foods include; fish, pasta(macrons), apples, all vegetables, legumes, water and posho. Eat these to improve your concentration, focus, memory and sharpness. Timing is also critical.

To my dear esteem readers, you are highly welcome to the most important part of the magazine.

Inside Loreto is what you need to know to answer all your questions about your health.

Loreto clinic

The clinic came about when Sr. Penina arrived in the school.

At first we had a class down in the primary that was used as the sick bay but fortunately Sr. Penina brought blessings to the school later on the plans for the clinic were successful. The building began in 2018 and was completed in April 2019. We will always remain grateful to her for making Loreto Rumbek an Independent institution with its own health and medical facilities. You are awesome *Sr. Penina*

Avoid letting hunger dictated when to eat. research suggests that the best time to have breakfast is between 6.30-7.30am, lunch between 12.30-2.00pm.

It is also important to get enough sleep, according to the division of sleep medicine at Harvard medical school, the consequences of derivations are arguably disastrous to your health and work performance. lack of adequate sleep can affect judgement mood ability to learn and retain information and may increase the risk of serious accident and injury.

Exercise keep the brain function ing well and definitely can achieve twice as much in a day by keep fit. Daily workouts are a necessary ingredient to long term success. infant Mr. fagil Monday advise that we should all make a conscious effort to stay fit.

A healthy mind lives in a healthy body. This comes to tell you to do the following things,

PROPER NUTRITION.

types of cancer.

can make a big difference for your health.

This comes to tell you eat healthy.

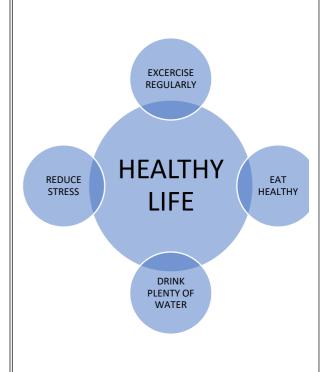
A healthy diet can help protect you from heart diseases such as type two diabetes and some

Making small changes to your eating habits

Health benefits of apples.

Wonders that apple can do to you.

- Bone protection.
- Lung, breast, colon, liver cancer protection.
- Asthma help.



Do some pushup and some gymnastics to keep in shape? You will quickly realize that these exercise s aid in reducing stress, building confident and boosting energy

BY WONDERFUL KATOSHABE

When I first started with Sr. Penina and the clinic was in the primary classroom, it was quite hectic. We had high hopes of all the areas we could help the students and community, but not a lot of help. But with lots of prayers and hard work, God delivered more and more qualified nursing staff, graduates in training, and support staff from the community. The clinic was stressful at times, but so rewarding to see babies, students, and others return to good health after they were sick. It was a special experience.

I'd say the love of Jesus and the desire to learn from and live in East Africa and to serve others. It truly felt like God directed my path to Loreto, since I initially was supposed to work in Zanzibar, Tanzania.

You stayed in Loreto for 2 years, I noticed so many good things, and those are the things I miss the most. Our students, from the kindergarten kiddos to the secondary school girls, are so courageous, strong, and capable of great things. I miss the strong sense of community at Loreto and how everyone cares about each other is willing to help one another. I noticed how the community around us was striving to improve the situation for their children and how they appreciated the school and our work at the clinic. Also, I noticed how God was and is at work in Loreto and in the surrounding community.

I faced the challenge of learning about a culture and language that were new to me. At the clinic I needed to learn about the usual diseases in the area, how best to treat them, and how to interact with the community on health issues. There were so many faces and I didn't know anyone's name, but little by little I got to know people and felt like a part of the Loreto family.

I would say that when you face challenges and adversity in life, lean in and pray as you work hard. Always love the person in front of you, even when it's difficult and know that you are loved dearly and never alone.

Nicky Hess













FASHION \$ DESIGNS

ACHOT MAKER S.3. ARTS

FASHIONIST SEARCH

Do you think you have what it takes to be a fashion designer? If yes, why don't you take this opportunity to show us what you Can do.



IF FILA IS ON MARKET AT THIS PARTICULAR MOMENT, WHERE DO YOU THINK GUCCI AND JURDAN ARE? Decasionally if you are still in Gueci or Jordan, you would look very odd, right?

JORDAN ARE? Occasionally, if you are still in Gucci or Jordan, you would look very odd, right? Which means the competition in fashion and design is increasingly high.



HISTORY ABOUT SOME CLOTHES.

Some clothes such as jeans have a funny history of how they came about. They are said to have been manufactured for slaves in the old days of slavery as they did heavy work. Their normal clothes were too soft so their masters decided to invent the jeans especially the miners.



The second category is the "leggings." These were worn during winter in western countries such as those in Europe but currently, they are used anytime. I CAN SAY THAT NOWADAYS, EVERYONE ENJOYS THESE OUTFITS BESIDES THEIR ORIGINAL PURPOSE, ACTUALLY IN A FANCY WAY.

WOULD YOU GUESS HOW MUCH GIRLS WANT TO BE FASHIONABLE THESE DAYS?

Gosh! They want to match everything from head to toe. In a global amusement, I lack words to explain how lovely designers are surprising the world. Fancy shoes, clothes and so forth. As a matter of fact, there are those who are blown up by fashion to a point of topping up cars as part of their outfit. This is when you begin to know the society's tycoons.

The joy of dressing is an art. Don't be into trends or make your own fashion but decide what you want to express by the way you dress and live.

HOW TO DRESS AT





DIFFERENT TIMES

When going to the office.

Do know what makes people love office employees? It is because of their smartness. They are the kind of people whose weather has no change. That is why the gentlemen put on suits from Monday to Friday, morning to evening, January to December. My admiration goes to ladies who seem to be addicted to beauty. The most official combinations are black and white, maroon and white and maybe could say white is an outstanding smart color. Anyone in pure white is smart because it is a color that tends to get dirty within the shortest time possible. And one more thing is that ladies seem to be ostentatiously natured because all of them act similarly.

Going for sports.

There are many outfits designed for each sport such as swimming has the swimming costumes, football with its very famous and unique attire, basketball with its own and so many others. Would you expect someone to wear a skirt or dress when doing aerobics or going for a basketball match? I think that would be so awkward.

Going for a date

Amost every maturing teenage girl loves going out for a date with some sort of guy. Hmm...A girl would try by every possible means to look extraordinary at this moment since they don't want to be under looked for another beauty at the opposite corner. They pressure their parents for a one day occasion whereby at a certain point they may hate their parents if not given the chance to look perfect in the eyes of the onlookers. And I almost forgot about high school girls during their PROM night ...gosh ...do you know real competition? That's what I mean. You even get confused who the best dressed is at such a moment where there has to be the "PROM QEEN \$KING" There must be the overoll winner at the end.

Last but not least is the picnic attire. For the case of picnic, it's always just casual. It does not require a lot of makeup like the rest. You could be simple as long as you are looking good. Some families try to be the best families by designing their clothes exactly the same way which is very loving to see at picnic grounds.

The most appropriate explanation

The most appropriate explanation als to this is that some professionals are just meant to wear such a outfits throughout such as of people students. This category of people have the worst experience aren't because some materials aren't They approriate for hot seasons, They y tend to suffer a lot though they M 3S) look smart. (Monica Ayom Bol FORM 3S)



There is something unflappable about this red wear.

LOOKING FLY IS A CHOICE







Fashion and design can be developed in the modern way. Producers from different boutiques bring out their design views which bring about competition, for instance, the most common outfit for 2018-2019 is FILA. But do you think it wound last? In other ways Fashion and design can be developed locally. Basically in the African continent, beads are the most decorating materials used though others are at the base. These beads can be used to make products such as jewellery, bags and the most, sandals which people term as African sandals. This creativity makes a lot of people wonder how creative human beings are.

When coming to fashion most people take up other people's choices especially lovers. Instead of dressing up according to one's interest, someone might dress up just to please their friend. (Akudid Teresa FORM3A).

In addition, some people wear to show off. It's funny but real. Everybody wants to be seen in the society and that's their potential thought, that without looking different from the rest of the people, they are not being recognized. (Martha Aven \$ Monica Abuk FORM3)

I would say it all works with fitting in and feeling yourself because it takes real pride to receive the compliment"You are smart.."(ATING KHAMAN FORM 4 ARTS)



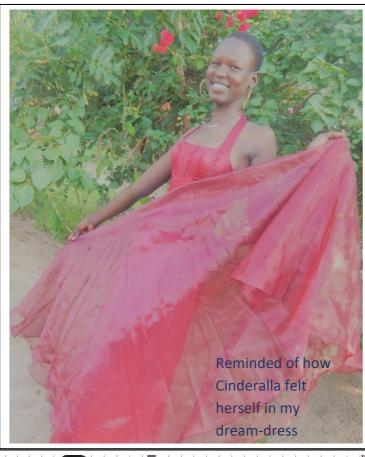
FASHION WARDROPE WARNING.

1. RIPPED JEANS

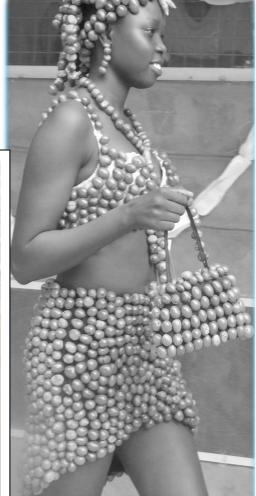
From the hottest celebs to the social media icons, ripped jeans always seal any and every look. Whether you are taking a stroll alone or linking up with your girls. You can wear them with a simple turtle neck top and timberlands and be an ideal fashionista.

2. KNEE HIGH BOOTS

Knee high boots are on the range this season. Hot or cold











AN INTERVIEW WITH THE QUEEN 2018-2019.

Interviewer: Hello!

Queen: Hi!

Interviewer: Who is Mary

Akuer?

Queen: I am a form three student at Loreto Girl's a beginner. I did my primary education in Uganda at Hormisdallen primary school. I am a girl dreams. I got interest in modeling in my first year in Loreto though I had that desire since I was young and therefore, I contested for Miss Loreto in 2017 but I lost it. However, I never gave up until I got the crown as Miss Loreto in 2018.

Interviewer: When you contested for Miss Loreto, you were crowned the queen. How did you feel?

Queen: I felt happy and it was a good experience for me because being a queen is not an easy task.

Interviewer: Did you have any clue about being the queen?

Queen: Yeah. I had a clue because I believed in myself.

Interviewer: What outfit did you believe to have given you the credit of being Miss Loreto 2018-2019?

Queen: My creativity and casual wear.

Interviewer: You were also Miss Creativity of Interviewer: What are your future the year; how did you manage to take that too?

Queen: My creativity was really outstanding school, I am planning to join a because of the materials I used. It was very difficult to get bottle tops in a place where soda is not commonly taken.

Interviewer: How has the introduction of modelling in Loreto motivated people such as improve my skills in modelling and you?

Queen: I got the interest and motivation of Secondary School, Rumbek, being a model when I first witnessed the I came in Loreto in 2017 as 2017 beauty contest. When I saw how nice people were looking like, I thought of myself being on of a kind.

Interviewer: Who inspired you?

who believes in herself and Queen: Priyanka Chopra from India and Kim Kardashian from USA.

> Interviewer: How do feel giving the crown out to the new queen?

Queen: I feel good giving the crown out because I have to give a chance to other people. On the other hand, I feel bad because I will miss the adoration of being called "Queen."

Interviewer: Which is that one thing that you think other students don't know about you?

Queen: I am a person who is so ambitious and go by my own rules and that is what I think they don't know about me.

Interviewer: Having been the queen 2018-2019, what is your advice to the young girls in Loreto and the nation in general who are aspiring to be queens?

Queen: They should never give up when they have decided to do something because no one is there to do it for them but only their efforts matter a lot.

modelling plans and why?

Queen: After I finish my secondary modelling industry though I don't have it yet in head but am praying to God so that I get early.

The reason is because I want to also extend my talent.

Thank you, the queen 2018-2019, Mary Akuer.



felt like a real model and a different person and I believed in myself from then.

AN INTERVIEW WITH NEW QUEEN 2019-2020.

Interviewer: H!

Queen: H!

Interviewer: Who is Charity Jai?

Queen: I am Charity Jai, a form two student at Loreto Girl's Secondary School. I came to Loreto in 2018 after completing my primary education from Kawempe Decorous Primary School in Uganda. I had the passion of being a model since I So when I joined Hgh School, I succeeded.

Interviewer: Is this your first contest?

Queen: Nb... My first contest was 2018 for Mss Loreto but due to some challenges I missed the chance. I did not give up and kept up the spirit until I got crowned as Mss Loreto in 2019.

Interviewer: What made you contest for the second time?

Queen: I loved to be Mss Loreto and that's why I contested for it since I missed the chance in 2018. who easily give up on their fail than fail to try.

Interviewer: Being crowned as Mss Loreto, how was that moment to you as a model?

Queent It was so exciting and as a model I felt I should continue modelling to point of contesting

Interviewer: As a participant, what do you think makes someone give up in a career like modeling?

Queen: As a model, I think feeling like you don't have support, not being very creative and having no best attires make someone give up on their careers.

Interviewer: What are some of the challenges facing modelling in South Sudan?

Queen: The government is not being keen on the challenges facing girls who dearly desire modeling such as early marriages which denies them their right to achieve their careers and the attitude some girls have towards themselves such as having no belief that they can make it to the best.

Interviewer: Being Mss creativity, what do you think should be done to raise the creative skills that seem to be only kept within Loreto to the global world?

was young, contested but lost it. Queen: It should be advertised outside that being creative is something practiced on a daily basis and on the other hand, to make creativity wear is to invent something that has never been made and very impossible to imagine from simple materials that are thought to be useless. In addition to it, people should do it inform of business to teach others to be creative in their own ways.

> Interviewer: What are your plans as a queen towards your school?

Queen: As a queen, I should not only enjoy the adorations and honour of being called gueen but teach and encourage the shy girls who are sitting on their dreams to start expressing their skills and capabilities.

Interviewer: What is your word to the readers of this magazine?

I also wanted to encourage those Queen. To the readers of this magazine, I urge you to stand up for your dreams and keep on trying until you dreams so it's better to try and see that it is a red letter day for you when you will be crowned Miss or Mr someone.

Interviewer: Who is your role model?

Queen: Quiin Abenakyo from Uganda.

for Mss World. At that moment I Jhank you so much queen Charity Jai.



GALLERY









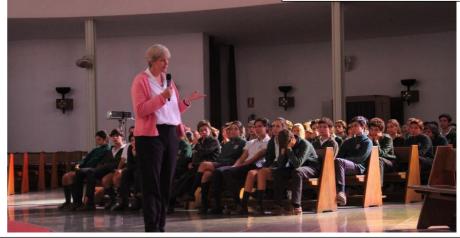




















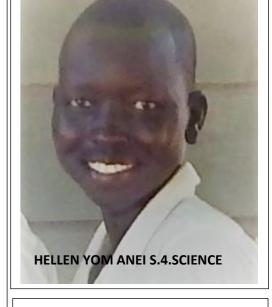
COUNSELLING



We are very optimistic that you will enjoy reading this magazine of the academic year 2019.

Writing is the most amazing thing that one can be involved in and you have to enjoy every mood whether good or bad but actually, it is obviously interesting because you get time to interact with the people you never thought to interact with. To make it simple, it's just an opportunity to improve your talent. Most people take it very difficult once they are given the chance but it's like missing a race just because you are too fat to run. However, that doesn't work if an elephant can't stop going to the river to drink water just because hare had gone first, why not you who had reached high level of education give yourself time to think and dig out your talent instead of burying it inside you.

If you have built castles in the air, your work need not be lost; that's where they should be. Now put the foundations under them.



I have a great pleasure to congratulate our teacher Miss Elima and the school administration for helping us succeed in our counseling skills.

As we live in a fast
developing society, we are
liable to face many
challenges. Those inform of
interpersonal relationships,
family problems, drug
abuse and many unusual
acts that have engulfed our
society and school.

Always dream better of how better you'll be and the best will always dream of you

This breakdown we have been worsened by mass media and caught unaware at individual and school level.

As counselors, it is our duty therefore to come in and fill the vacuum within our friends and society at large. There is a great need to intensity counseling of our friends and tender hearts that have been entrusted to our care as well as we mound them to be very important people in future.

Counseling help they increase their personal relationship skills in decision making and problem solving as they struggled for their identity.

time with friends is the best moment that one could enjoy. all the jokes and fun become the center of your life while your future remains stored in their laughter and your smile!!!!

finally, I take this
pleasurable moment to
welcome the reader The
Mirrors 2019, have a
wonderful time
readership as you
interact with what The
Mirrors offers.

Marcella Yom Anei

the road to success is widely open but people are afraid to pass there just because of how beautifully it's decorated. it's not only for kings, peasants are also invite. now behave like you're wearing an invisible crown and gracefully walk there.

Do not compare yourself with others but just be unique

SHORT FALL OF SELF-ESTEEM

I am certainly impressed to be part of this magazine. In point of fact, it's my privilege to participate in such a golden opportunity given since it's the first time in the history of Loreto for the school to write a magazine. o

Actually, when you're through changing, you're through. Most people tend to have very low self-esteem when it comes to things involving competition but I tell you, no matter where you're in life, no matter who you're, no matter what you've accomplished, and no matter when, where or why you may have failed, success is never ending and failure is never final.

It's better to be who you're. Trying to be like someone else is the waste of the person you're. find what's inside you and what you're capable of doing rather than trying to behave in a similar way to somebody you can't even managed any single step that he or she takes. you're a full human being and every human has potential for greatness.

Most of the time it can be very hard to tell why a person is not confident to stand up for him or herself. Some politicians say that it's lack of courage and manner of speech. But that has nothing to do with our aptitude. Being proficient is complexion and it's us to perfect it. One of great doctors Dr. Robert H. Shuller, the host and master of possibilities of the weekly telecast once say that, "nobody ever loses courage, it's something you can never lost because it's something you can always choose" Believe me not, the truth is that courage isn't a gift, it's a decision. You can

either choose to fear or set out for the victory. Never say to yourself, "I don't have courage" it's not a feature, it's what you choose to be.

LEARN TO BE FLEXIBLE IN LIFE AND TRY TO LIVE ABOVE NOISE.....

If you want to be successful in life;

You should have BOOKS

BEFORE BOYS

BECAUSE

BECAUS

BOYS

BRING

BABIES

And put in mind that; PROPER

PRIOR

PLANNINGS

PREVENT

POOR

PERFORMANCE

When you know that practice, practice, makes perfect.

But once you trouble troubles before troubles trouble you, you'll be running round regretting why you were reckless.

"NEVER DARE TO TRY TO PART COMPANY WITH YOUR FUTURE, IT'S AN ANCHOR IN THE STORM"

ATTITUDE IS A CHOICE

As I mention earlier, anything to do with courage is a decision and anyone can live a better life when you watch your manner of speech if you want to develop a peaceful state of mind.

Humans by changing the inner attitude of the mind can change the outer aspects of their lives. The way you picture things before happening will always be measured by your action. Anyone is a decision maker not someone because everyone has feelings, whether bad or good depending on your reaction to the situation.

People are as happy as they make up their minds to be. As you grow and change, your goals may change too or you may expand your definition of an activity that brings you happiness. If I happen to give you an example, I would rather choose to tell you about my basketball team. Playing basketball is what I enjoy most and although I had a quarrel with someone before playing, believe me, I'll be a transformed person after the game.

DO YOU KNOW WHY? It's because of my attitude towards it. I chose to always keep myself happy and that's one of my top five ways of renewing my happiness. It's not that easy to change the mood when we let our weaknesses take control of us. We should not allow our weak sides rule us. We're the masters of our fates and captains of our souls. The better us and the worse us are to be determined by our faith in ourselves. My dad once told me that the true you, is not determined by either your height, your size, your beauty or your waking style. No, it's denoted by the number of trials you have overcome and how you're progressing. The world you deserve is there go. For it waits for you, day and night to explore it and keep the simile on your face.

THE POWER OF BELIEVING

When you believe in yourself,

When you think positively of yourself and from your dreams, you create a vision.

And make the vision your aim looking at your aim with hope make a humble start

With an intensive belief and trust in God: faith in your actions, keep your flame burning.

With undying perseverance, you'll move mountains. You'll touch the sky. You'll be a star. Enjoying the fruits of success. Knowing it's the driving magic believe!

BY EILIS ADEJANG

one should keep one's eyes on the destination not where one stumbled. Always forget of your bewildered past and look forward to your inspirations. Let ss and love be the order of your day and your tomorrow shall come. You shall crown your identity with knowledge, wisdom and light your candle in its light. Imagine you're living in the midst of a lonely island of poverty, humiliation and infatuation. What would you do to transform your jangling life into a comfortable luxurious life? What would you do in order to pursue peace in your life? Are you going to give up and continue with a miserable life? will you commit suicide in order to get rid of this phase of life once and for all? Or are you going to move ahead and stop looking back? remember there are no limitations to the mind except those we acknowledge. It would be fatal for you to overlook the success of other people instead of struggling for your own. Better make them your role model and work harder to be even better than them. However, don't praise and sit still because it's so filthy. Temptations and obstacles of life will continue to shake your foundation until a bright day of success emerges for you to gain ground, you must be able to tolerate and persevere any load, courageous when facing any storm and faithful to God. People always delight in the beauty of a butterfly and rarely admit the changes it had gone through to achieve that beauty. Make other people other people to delight in your success and tremble of your hard work. It'll always remain as a history and an example to the rest. For all who are in the dark, there's a dream and great hope deeply rooted in my heart that time will come when all of you will shine brighter than your future because you're not walking alone and you can't walk alone because I have come to realize that your destiny is tied up with the destiny of those who are free and we'll never fall back as we walk. For man's deeds are of great importance than the facts of his birth.

BY. AMESIO MALEK CHOL S.3T

YOUR CHARACTER AND MORE

There is only one thing in life that always gives me a kick:

THE LAW OF COMPENSATION

It runs, every excess causes defeat and every defeat causes excess.

Every sweet is sour and every good is evil, every abuse of pleasure. It's penalty.

Every love is a complication, in reality, life is a yes or no situation

This gets one thinking about one's decisions, who they affect and the reaction of the affected. A self mode philosopher puts it plainly "if the poor can't get meat, the rich can't digest it.

This determines our characters and life courses.

To be successful, one should be conscious of one's losses and gains. Remember one's height and weight doesn't determine one's size at all. Thus measure yourself by width of your grin, the depth and the breadth of what's within real happiness and achievement comes with paying attention to one's losses and gains



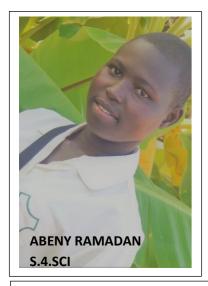
INSIDE-OUT

Before you will ever win in the public arenas of life, you must first win private battles within yourself. All changes begin with you.

If you want to make a change in your life, the only place to begin is with yourself, not with your parents, or your boyfriend or your proffessor all changes begin with you. it, s inside out not outside in. So it time to renew ourselves. We, ve gotta take time for ourselves, to renew and relax.

If you don,t,you will lose your zest for life.

TECNOLOGY



AWORD FROM THE EDITOR

To you the beautiful readers of the Mirrors magazine 2019 I am happily greeting you and believe me you will

Enjoy this please grab what is more important and am telling you that technology is very important and we can't live without it in the world today



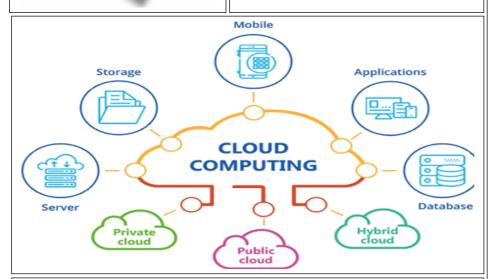
DID YOU KNOW?

"SCIENCE SUBJECTS ARE THE BACK BONE OF THE SCIENTIFIC AND TECHNOLOGICAL ADVACEMENTS IN THE WORLD"

"COMPUTER SOFTWARE COULD CRACK CENTURIES OLD MATH PUZZLE"

"AIRPLANE WING ASSEMBLES LIKE A JIG SAW PUZZLE AND CAN MARPH INTO ANYSHAPE"

"PHYSICISTS STUFFED A GHOSTLY SKYRMIOD FULL OF ANTISKYRMIONS"



POWER OF SOCIAL MEDIA

Social media is a powerful tool if used in the right way, many among us fear to embrace this powerful tool, imagine being on holiday and you want to check up on your friend! With a single tap on Facebook or WhatsApp you can catch up and even share pictures and video of how the other is fairing on. I encourage all of us to embrace social media and use it for the right purposes and for good.

TECHONOLOGY IN THE WORLD TODAY

First of all, technology is very important in the world today because it's used for almost everything and like

everything.

In the world today, people cannot live without technologies such as televisions', mobile phones, computers,

radios and others

because people don't have to slog as much as they would have had to have human effort and time to a great

Extendant makes life easy and comfortable and this is due to modern technology inform of robotics that is

Shown to challenge humanity by questioning the real meaning and value of human life in the novel. film and the

article that portrays an unpleasant dystopic image

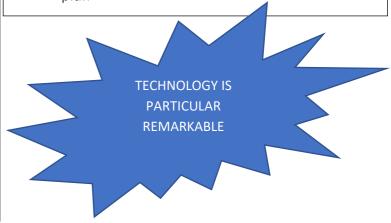
Variety is more than just the spice of life; it expands our experience and makes our lives more fulfilling.

CLOUD COMPUTING

The practice of using a network of remote servers hosted on the Internet to store, manage, and process data, rather than a local server or a personal computer.

Cloud technology is the prefect answer to business advantages to your business at a price you can afford

- No more unexpected costs
- No more lost productivity when your staff can't make it to the office
- No more paying double for a disaster recovery plan



TECHNOLOGY IN LORETO

THE COMPUTER LAB

As far as technology is concerned it is advisable for each school to at least have a computer lab so that they

do more practical's and get exposed to the modern world?

To know how to operate some of the electronics in the world is what we need most

these electronics include the mobiles phones, minispeakers, televisions, computers, robots and so on



The lab is one of my best hangouts in the school and believe me I can tell you I can now operate computers and I have really learnt a lot of tech staffs

Thanks!

TERESA AYUEN

I would really love to greet all of you the readers of this magazine and I would like to begin with this quote" better late than never "It's not too late for everything that you don't know but with commitment you can know what you want to know Am so glad to be in Loreto because I have learnt a lot of things like I can even download pictures, music, videos, I also can play games like chess using laptops Believe me I can even go out there and be the best secretary

REGINA AYAK

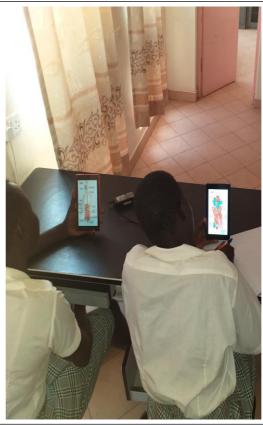




Technology did no harm to any one and that's why I encourage you to engage yourselves to usage of laptops, tablets, iPads, phones and many others, am telling you that using these is easier than reading using books Because when using books your knowledge is limited and searching is Restricted and by the way we get to improve each day like me I used to use one hand for typing but now I can use two hands (it's a great change for me) Blessed you be when you know how to click, scroll and page down

Thanks,

ACHOL FERMINO



Attention to you all the fabulous readers of the Mirror magazine

Technology is as important as your life and it should also be part of your life

Most of our parents I know say that the electronics are destructive but it's not true

We need to engage ourselves into the modern world of today

Elizabeth kuei manyiel

Thanks

SUZAN ANDK

TECHNOLOGY ADVANCEMENTS IN LORETO

Our greatest advancement in Loreto is having the school website (a school page) and school management system, the school management system has helped in various ways such as time saving and exams analysis

The other advancement is the installation of the latest software, Our laptops used to work on windows 7 and also used office 2007 and they really are old operating systems, Being old, Microsoft automatically stops supporting the system meaning you can get hacked or attacked by a virus hence the system is vulnerable to an attacks, using a latest operating system like windows 10 ensures That you are protected and also windows 10 being the latest operating system means that Microsoft will always support and send it security patches and updates, that means your system will be secure and up to date. In case someone tries to hack you, it will be next to impossible, use of windows 10 ensures you will be more secure than using windows 7 at the same time with change in technology means that we have to move with new things over and over like when you go to big organizations 90%, don't work with windows 7 but use windows 10 or 8 as them being the latest, so equipping you with the knowledge right now in the school means exposing you to the new change in the market and if you go out there, you are ready to face whatever comes, computer is important and should not only be taught in secondary level but it is something supposed to be taught throughout the life because technology keeps on evolving



HOW THE SOLAR SYSTEM WORKS IN LORETO

Solar power is dependent on sun energy and It has to have panels(photovoltaic) which convert the suns rays into electricity by exciting electrons in silicon cells using the photons of light from the sun and inside each solar panel is a conductive metal plate connected to wires that lead a fused array combiner, the enery from the array is sent through an inventor which transforms the innitial direct electrical current required to power human made structures



How Loreto network works?

The network works through satellites and the satellite dish communicates to another satellite in the orbit, the satellite that is on space sends the signal to a satellite on one end of the world and also sends the signal back. For instance, if you want to watch YouTube, you load on your computer and search YouTube, the signal is sent from our satellite and then sent to space from space the satellite on space sends the signal to another satellite somewhere in the YouTube headquarters and the YouTube headquarters sends back the information you are looking for, the information will be sent back to space and sent back to Loreto again

In this we have the uplink and downlink, the uplink is when you send a signal and the downlink is when you receive a signal inform of communication or the content that you have searched for, From the satellites we have a modem, a modem is what now supplies the internet signal connected to the rooters, the rooters give connection inform of Wi-Fi that we all enjoy

You connect the rooter to the net and then you will be able to get a connection



THE SCIENCE FARE

MR WANI

The teaching of science involves alot of preparations from the teacher and also having an adequate content makes science interesting

We encourage our girls doing sciences by exposure and often usage of the lab, stimulating students to do work; encouraging students to take the STEM related subjects, exposing girls in research, careers such as engineering ,computer science, making students develope a high selfesteem and we also use nature and events as in really in existance to make one understand and intergrating nature in learning gives them the ability, courage, and interest to do sciences

We are in the 21st century and every century comes with its own discoveries

Discovering can be known by any one and there are alot of innovations

And through science one has a logical mind not forgetting that a software developed by tecnologists is used by a scientist and a technologist without the knowledge of science cannot develope a software meaning technology and science work hand in hand

THE SCIENCE FARE

Our girls were exposed to research , related theories and came up with many ideas others made soap , develped a school system , made candles , made juice $\frac{1}{2} \left(\frac{1}{2} \right) = \frac{1}{2} \left(\frac{1}{2} \right) \left(\frac{1}{2$













ENTERTAINMENT



What makes Loreto Entertainment?
1. Interesting

2. A put off.

When you are ready to tell us what you think precisely, contact Loreto THE MIRRORS.....

As the entertainment editor, I send you my greetings and appreciation for taking your time to read this information we share with you. Our work is fully a success when you access this magazine. Stay cool and blest

For the entertainment, I present as much as I can, what's more interesting is the fun Spend your weekends having entertainment.

READ IT. LOVE IT

NYANATHUOI MAKUR RAUL-4ARTS

Entertainment girls in one of their greatest performance during the talent shown 2019

Was one time that really caught the attention of the entire school and probably this was because they performed to their best. one would surely need to know who their teacher was but I can tell you that they do it themselves.



Ms Migwi Ann

The matron of entertainment

Club 2017-2018

She helped and supported the members by encouranging them to pursue their talents along with their education

She organized beauty contests "MISS LORETO"

THATS LOVELY OF HER

Entertainment is one of the things that brought the girls together, brought joy in their hearts and brightened their faces, this to me was fullfiling. Just seeing the joy and their smiles was enough.

Working with the girls was the most amazing time for me. They are super talented and very creative. They really motivated me and challanged me as well.

They are the best.

Ms Migwi Ann

Loreto entertainment

Tell me how you feel about the school entertainment. All right I can tell you about it

It's one interesting time we have in the school

It doesn't have to be like the entertainment at cinemas but its more memorable because we are able to have fun together as Loreto family

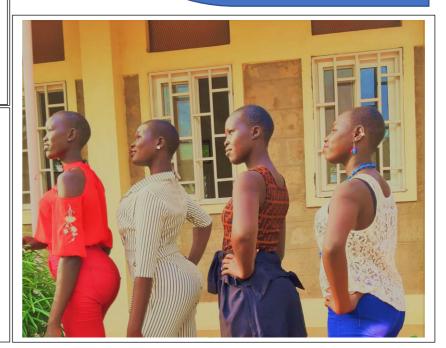
people think entertainment is about the fun only but I would say that impressing others is equally important if you have to keep up with the records of having many funs......

One could say the girls need more training but I can tell you it's not easy going forward to dance in front of many people......

Real entertainment is not only about dancing, singing but watching is also a kinder entertainment.

watching video is one good entertainment. its lovely because we learn many things that can be part of our career and better lifestyles. helps to learn how to help friends when they are in trouble and children that don't have parents.







hi everyone! don't get shocked when you see a huge person of about 80kgs expressing his/her talents (dance) vigorously. I say this because many people believe that vigorous dances are for small, tiny and slim people which I Maria does not believe. get entertained and also entertain others then build up your vocation and sometimes you might sleep on your talents because of being discouraged by others in terms of your body size, height, academic level and many others that seem to be nonsense. as longer you are born to these world, you are free to express your talents whether educated or not, short or tall, brown or dark, slim or fat. so don't hesitate to express your talents.... MARIA NYANADONG - S.4.ARTS

Modelling is sometimes an idea control of world of inspiration and a habit of optimism. It is also good to drop your fears and find your confidence. In addition to that, its helps our school to rise to fame. through entertainment and enthusiasm to venture and keep entertaining eager people who stand back to see the bigger picture

MARTHA NYANALIIR AHEU



Entertainment is keeping people happy to forget their stress and problems. dancing is a talent and we don't need to cover it but to express it so that the whole world can know. all dreams can come true if you have the courage to

pursue them. the most important kind of freedom is the freedom to express who truly we are without the fear that that we shall not be good enough for others.

I also understand dancing as fitness of the body and keeping it flexible. sometimes people think dancing is a waste of time which discourages many of us but I believe that it is good to be master of your hobbies and habits

MONICA ADHEL MABOUR

I will assume most of us watch videos to learn though anyway the part of entertainment is equally important. when you leave the hall, at least learn one or two things which will make you a better person

South Sudanese are trying their best in the music industry. most them are truly showing what is precisely needed as musician. music producers have also got a challenge of producing quality music...



MODELLING CONTEST this is the most interesting and fabulous entertainment that we can aver have in the school. so far I can say that the introduction of Miss Loreto is so encouraging because most learn to be confident and we present our miss anytime we get into such contests. it wouldn't be nice for the school to exist for ten years without such kind of entertainment development but gladly I shall tell you that we have

sorted because we get Miss

Loreto every year.



- I drank for happiness and became unhappy
- I drank for joy and miserable
- I drank sociability and became argumentative
- I drank for sophistication and became obnoxious
- I drank friendship and made enemies
- I drank for sleep and woke up tired
- I drank for strength and felt weak
- I drank for relaxation and got the shakes
- I drank for courage and became afraid
- I drank for confidence and became doubtful
- I drank to make conversation easier and slurred my speech
- I drank to feel heavenly and ended up feeling like hell

BY: Monica Athiang S.4.Sci

Top 5 most played songs in the school

- 1. Slowly by Meddy
- 2. Tetema by Diamond Platinum & Rayvany
- 3. Thieng dor by Alijoma
- 4. Special Kind by Amac Don
- 5. Wet by Chris Brown

Most visited place in school (best hangouts)

- 1. Dining
- 2. Comp lab
- 3. Library
- 4. Guava garden
- 5. play ground

Best school artists

- 1. LadyPeace(Christine Kuer)
- 2. Kidiey Mayek

- 3. Mary Laat
- 4. Monica Yier
- 5. Arual Gum

The best watched movies

- 1. Lost
- 2. Whiskey Cavalier
- 3. Hit the floor
- 4. Hanna
- 5. Lethal weapon

Best South Sudanese artist

- 1. Young Low
- 2. Queen Zee
- 3. Alijoma
- 4. MT7
- 5. Maco Bwoy

Best Internation artist

- 1. Austin Mahone
- 2. Jason Derulo
- 3. Harmonize
- 4. Alikiba
- 5. Sheebah Karungi
- 6. John Blaq

Most inspiring songs

- 1. Never give up by Harmonize
- 2. Piir awar beny by Dj Maliza
- 3. Broken by Single Dee
- 4. World Peace by Rihanna
- 5. Dream it possible



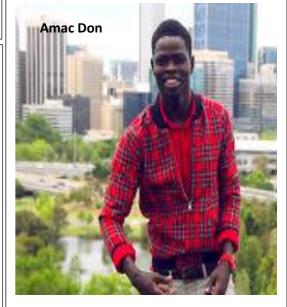


When entertainment gets to be real entertainment, you get more entertained and you wont ever know what to say about these beautiful world of creativeness and God given talents.....









I can say the four south sudanese artirts are doing their best to promote the singing thing in the country while Alikiba and Diamond still do their best yet their best is to come.

We all celebrate with them in their success....

LORETO SCHOOLS RUMBEK

Mission: Rumbek Girls' Secondary School aims to facilitate the development of each student to her full academic, personal, spiritual and social potential in a Loreto, Catholic, caring, respectful, happy and safe school environment.

Vision: In providing an education for children of the Western Lakes State in independent South Sudan, as stakeholders of the schools we believe we are ultimately contributing to:

A society which enjoys peace, security and can nurture development; a community where human rights are cherished and there is respect for one another, particularly for women; an individual sense of responsibility to serve and; for all, there is a unity of purpose.

Facebook: Loreto Schools Rumbek

Website: www.loretorumbek.ie

Email: info@loretorumbek.ie

Mobile: 0921 461 135

