# VICTORIOUS EDUCATION SERVICES

P.3 SST LESSON NOTES TERM II, 2018

Theme: livelihood in our Sub County /division.

Sub theme: social services and their importance.

Content: social services.

Social services are things given to people to enable them live a better life. They are given by organizations or government.

Services are what people do to help others.

**Types of social services**

Education services Transport services

Health services Security services banking services

Communication services

**People who provide social services**

Teachers, police offices, radio presenters, pilots, doctors, drivers, etc

**Places where social services are provided**

School, police station, airport, radio station, hospital, taxi-park, police posts, banks, post offices

* **Social service centres and how to care for them.**

|  |  |
| --- | --- |
| **Social service centre** | **How to care for them** |
| Schools | * Picking the rubbish. * Mopping the classrooms. * Sweeping the classrooms. |
| Hospitals | * Proper disposal of wastes. * Picking rubbish in and around the hospitals. * Mopping hospitals. |
| Taxi park | * Picking the rubbish around the taxi park. * Sweeping around the taxi park |
| Banks | * Guarding the banks. * Mopping banks. * Sweeping in and around the banks. |

**EDUCATION**

Education is the process of learning.

**Types of education**

**Informal education**- education provided at home.

**Formal education-** education provided at school.

**INFORMAL EDUCATION**

**People who provide informal education**

Parents, grandparents , uncle, aunts.

**Skills taught to :**

**A)Boys**

Hunting, building, digging, fishing, wrestling.

**B)Girls**

Cooking, taking care of babies, fetching fire wood , washing utensils, preparing girls for marriage, digging.

**How informal education was taught**

Through stories, proverbs, legends, folk tales, riddles, myths.

**Importance of stories /legends/proverbs to children**

They teach morals.

They teach children about things of long ago.

They teach more about culture.

They help children to know about their origin.

**Formal education**

**Levels of education**

Nursery level

Primary level

Secondary level

Tertiary / university level/colleges.

**Places where we get formal education**

Schools, tertiary institutions, colleges, universities

**People in education**

Teacher – teach children

Tutors- Teach student teachers at colleges.

Lecturers- Teach students at the university.

Principal-

Head teacher-heads a school.

Education officer- takes care of the schools in the district.

Inspector of schools- in charge of schools in a division/ sub county/district.

NB . D.E.O [District Education Officer).

Minister of Education and sports is Honourable Janet Kataha Museveni.

**Importance of Education**

Education provides knowledge and skills.

It provides jobs to people.

Its help people to develop their community.

Schools improve on morals of people.

**Problems faced by schools**

Lack of enough trained teachers.

Lack of enough furniture.

Lack of enough text books.

Poor fees payment.

Lack of enough class rooms**.**

* **Problems faced by children in schools.**

Poor feeding.

Lack of enough scholastic materials.

Long distances to schools.

* **Activity**

1. Write down any four types of schools
2. State the duties of these people who work in education.

Teacher……………………………………………………………………………

Head teacher…………………………………………………………………………

1. Write in full.,

a- D.E.O…………………………………………………………………

b-UPE……………………………………………………………………..

c-USE…………………………………………………………………………

4. Under which ministry do all schools belong?

Ref : MK standard SST bk3

**Theme:livelihood in our division**

**Sub- theme: Social services and their importance.**

**Content: Banking.**

Banking is the keeping of money in the bank.

A bank is a place where people keep money safely.(A bank is a place where money is kept safely)

**Types of banks in our division/sub county.**

* Commercial bank e.g centenary bank,stanbic bank, Development Finance Company of Uganda(DFCU),Bank of Baroda,…
* Central bank –B.O.U (Bank of Uganda)

CENTRAL BANK

This is also called bank of Uganda . It is headed by a governor . he is called professor Emmanuel Mutebile.It is owned by the government.

**Importance of central bank.**

* Prints new notes and mints coins.
* Gives loans to the government
* Keeps important documents of the government
* It also controls other banks.
* Gives loans to commercial banks.
* Gives license to commercial banks

**Uses of commercial banks.**

* They Keep people’s money safely.
* They give loans to people.
* They give jobs to people.
* They teach people how to use their money well.
* They keep important documents for people eg land titles, marriage certificates, etc

**The differences between central and commercial bank.**

Central bank is owned by the government but commercial bank is owned by the people.

* Central bank is headed by a governor but a commercial bank is headed by a manager.

**Problems faced by banks in our division.**

* Poor saving culture.
* High interest rates.
* Theft of money/robbery.

**Possible solutions to the above challeges.**

-People should be encouraged to save money in the banks.

-commercial banks should give loans at lower interest rates.

-There should be tight security in the banks.

**Activity.**

1.What is banking?...............................................................

2.What is abank?....................................................................

3.Write in full:

a) B.O.U………………………………………………………………………

b) DFCU………………………………………………………………………

4.List down four examples of commercial banks.

………………. ………… ………………… ……………………

5.Write down the title given to the person who heads BOU. 6.Write down any four functions of commercial banks.)………………………………………………………………………………

b)………………………………………………………………………………

c)………………………………………………………………………………

d)……………………………………………………………………………….

7.Why do people keep money in the banks?

Ref.Monitor SST book3 pg 42-50

**Theme; livelihood in our sub county**

**Sub theme; social services and their importance.**

**Content: health services**

**Vocabulary:** diagnosis, patients, immunization, dispensary, nursing homes and counselling centre

**Health** is the condition of a person body or mind

**Places where health services is given**

Nursing home, sick bay, drug shop[pharmacy ],hospital ,dispensary, etc

**People who provide health services**

Specialists are doctors who treat a particular disease.

They include;

* Surgeons –operate people
* Dentist –treats people’s teeth
* Oculist –treats people’s eyes
* Nurses –look after sick people and help doctors.
* Health inspector –teach people to live in a clean environment.
* Optician- sells eye glasses.
* Mid-wife- help pregnant women during birth. **Services provided in health centres**
* Immunisation
* Treatment
* Blood testing
* General body check up
* X-ray services **Activity 1.M**ention any two hospitals in our division. 2.Under which ministry do we find health services? 3.Why do people go to hospitals? 4.Why is an ambulance useful in the community? 5.How is a nurse useful in a school?

NB the national referral hospital in Uganda is Mulago Hospital

**Theme ; livelihood in our sub county/sub council**

**Subtheme; social services**

**Content; communication**

**Vocabulary; mobile ,receiving , messages, messengers, phones, sending, local, modern,……**

**Communication;** is the sending and receiving of messages or information.

**Forms /types of communication.**

* Verbal communication
* Non verbal communication .

**Examples of verbal/ oral communication.**

Talking

Singing

Screaming

Crying

Laughing

Sending messengers

**Examples of non verbal communication**

Waving

Smiling

Nodding the head

Yawning

**Local/traditional means and ways of communication**

Local/ traditional means way of communicating

|  |  |
| --- | --- |
| Drum | Drumming |
| Bell | Ringing |
| Whistle | Whistling |
| Hand claps | Clapping |
| Horns | Blowing |
| Fire/ Smoke | Smoking |
| **Means of modern communication** | **The ways of communication** |
| Computers | Typing |
| Radios | Listening to news |
| Billboards | Reading |
| Television | Watching news |
| Posters | Reading |
| Telephones | Calling/ texting a message |
| Letters | Writing |
| Newspapers | Reading |
|  |  |

**People who provide communication**

* Newsreaders/anchors
* News reporters
* News editors
* News vendors.
* Radio presenters
* T.V presenters

**Places where news can be got.**

Post office

Television stations eg Top tv, NTV, UBC, etc

Internet café

Radio stations eg CBS,NBS, Namirembe FM, etc

**Activity**

**1.**Thesending and receiving of information is called?

2.Write down three ways of traditional communication

3 .Draw and name four means of traditional communication.

4 .Draw and name four means of modern communication.

5. Why are newspapers used by few people?

6 . Why are radios used by many people?

**THEME: LIVELIHOOD IN OUR SUB-COUNTY / DIVISION**

**SUB-THEME: Social services and their importance**

**CONTENT: Transport**

**VOCABULARY:** traffic, expensive, murram , tarmac, terminals, railway.

**TRANSPORT** is the movement of people, goods or services from one place to another.

**TYPES OF TRANSPORT**

* Road transport (the commonest).
* Water transport ( the slowest) .
* Railway transport (the cheapest and carries bulky goods).
* Air transport ( the fastest and most expensive).
* Pipe line transport

**ROAD TRANSPORT**

**Kinds of roads by make**

* Murram roads.
* Tarmac roads
* .

**Types of roads**

Main roads/ highway roads Feeder/ local-These are small roads joining to the main road.

Toll roads- These are roads paid for eg Entebbe Express Highway

People who move along the road are called **pedestrians.**

**MEANS OF ROAD TRANSPORT**

Lorries, buses, animals, bicycles, cars, motorcycles

Road transport is the commonest type of transport.

**ADVANTAGES OF ROAD TRANSPORT**

1. Road transport is faster than rail and water transport.
2. Road transport is cheaper than air transport.
3. We can reach more places using road transport.
4. It does not use a fixed timetable like railway and air.

**DISADVANTAGES OF ROAD TRANSPORT**

1. Murram roads are very slippery during the wet season.
2. There is a lot of dust during the dry season.
3. Bad roads may cause accidents.
4. When making roads, families are forced to move away, trees are cut, and hills are dug. This destroys the environment.

**ACTIVITY:**

1. Transport is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_of people and their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from one place to another.
2. State four examples of roads you know.
3. Give two types of roads you know.
4. Draw and name any four means of road transport.
5. Who is a pedestrian?
6. Name the commonest type of transport in your area.

**THEME: LIVELIHOOD IN OUR DIVISION**

**SUB-THEME: Social services and their importance.**

**CONTENT: Transport**

**WATER TRANSPORT**

This is the movement on water.

**MEANS OF WATER TRANSPORT**

Boats, canoes, ship, ferries

Passengers board ships and boats at the ports. These ports are at the shores of lakes and rivers eg Port Bell, Port Jinja. A person who sails a boat is called a sailor.

People use sticks called **OARS** to make canoes or boats to move forward. Other boats use **ENGINES.**

**PROBLEMS OF WATER TRANSPORT**

* Sinking of some boats because of strong winds.
* Water animals, floating islands and water weeds cause accidents on water.
* Overloading boats causes them to sink.

**RAILWAY TRANSPORT**

The means of railway transport includes trains.

Trains stop at railway stations. Terminals are small stations along the railway lines. The station master is in charge of the station.

Trains move on special roads called **railway lines**.

**ADVANTAGES OF RAILWAY TRANSPORT**

* Trains carry heavier goods than other forms of transport.
* Railway transport is cheaper than other means of transport.

DISADVANTAGES OF RAILWAY TRANSPORT.

* It follows only a fixed route / lack of flexibility.
* It is difficult to construct and maintain.
* Lack of door to door services.
* It has a fixed time table.

**AIR TRANSPORT**

**MEANS OF AIR TRANSPORT**

Aeroplanes, parachute, helicopter, jet,rockets, hot air ballons

**N.B**

Aeroplanes land at **airports** and **airstrips**.

The main airport of Uganda is found at **ENTEBBE.**

In Kampala we have **Kololo airstrip.**

**ADVANTAGES OF AIR TRANSPORT**

It is the fastest type of transport.

It is the most comfortable type of transport.

It is best for carrying perishable goods.

**DISADVANTANGES OF AIR TRANSPORT**

* Air transport is very expensive so few people use it.
* It is not common.
* Big aeroplanes land and take off only at airports.
* It has a fixed time table.

**ACTIVITY**

1. Write down the four means of water transport.
2. Where do passengers board ships from?
3. Which is the slowest type of transport?
4. Who is in charge of the railway station?

# Draw these means of air transport.

|  |  |  |
| --- | --- | --- |
| Aeroplane | Parachute | Helicopter |
|  |  |  |

Where do aeroplanes land?

Where is the main airport in Uganda?

Where do aeroplanes land in:

1. Kampala…………………………………………..
2. Wakiso…………………………………………….

**THEME: LIVELIHOOD IN OUR DIVISION**

**SUBTHEME: SOCIAL SERVICES**

**CONTENT: Safe means of movement n our division.**

**Paths:**

It is safe to move along paths during the day. Children should move in groups.

**Roads:**

Roads are bigger than paths. Do not get into an overloaded vehicle. Drivers should always check whether their vehicles are in good condition.

Drivers should not over speed.

Drivers should not drive when they are drunk.

Talking on phone while driving is bad

Drive or cycle on the left hand side.

Children should not play games on the road.

People should cross busy roads at zebra crossing.

Interpret the meaning of traffic lights.

Pedestrians should walk along the pavements

**Rivers and lakes:**

To be safe while moving on water;

People should wear life jackets

Boats must not be overloaded.

Leaking canoes should be mended.

**ROAD SIGNS**

**STOP**

Main road ahead No entry

**ACTIVITY**

Draw the following road signs;

Children crossing

Cattle crossing

Traffic lights

Name the traffic lights and show what each colour stands for.

**THEME: LIVELIHOOD IN OUR DIVISION**

**SUB-THEME: SOCIAL SERVICES**

**CONTENT: Safe movement in our division.**

**ROAD SAFETY RULES**

Cross busy roads at Zebra crossing.

Look Right, Left and Right again before crossing the road.

Pedestrians should walk on pavements.

Vehicles should keep left.

Avoid playing on the road.

Do not drive under the influence of alcohol.

Observe road signs.

Do not overs peed.

CAUSES OF ACCIDENTS

Driving vehicles in Dangerous Mechanical Condition( DMC).

Overloading of vehicles.

Speeding of vehicles

Driving under the influence of alcohol.

Failure to observe road signs.

Playing on the road.

Bad roads with potholes and dust.

Cattle grazing on the road.

Lack of proper driving skills.

Bad weather conditions.

Moving at night.

HOW TO HELP ACCIDENT VICTIMS

Give first aid to help reduce pain and sustain life.

Call an ambulance or police or any other person for help.

Remove the victim from the place of the accident.

Take the accident victim to the clinic, dispensary or hospital.

Measures of transport( factors considered when choosing means of transport)

* Cost/ fare
* Distance
* Time
* Flexibility.

ACTIVITY

Give two examples of road signs.

What is the use of road signs to road users?

Write down four road safety rules.

Write down four causes of road accidents.

Suggest four ways you can use to help road accident victims.

Draw four road signs you know.

THEME: LIVELIHOOD IN OUR DIVISION

SUB-THEME: social services.

CONTENT: Challenges or problems facing social services.

Some people are poor and lazy.

Some people fail to pay taxes because they do not have jobs.

Lack of enough money to buy medicine.

Lack of money for the government to provide enough medicine in hospitals.

High population leads to overuse of social sevices.

Corrupt officials in the government mismanage fcilitie.

People are to poor to buy radios and newspapers for easy communication.

Failure by the government to construct roads.

POSSIBLE SOLUTIONS TO THE PROBLEMS.

People should work hard.

People should pay taxes for the government to plan for development.

Government should build more hospitals and provide medicine.

Government should educate people about family planning.

Corrupt officials should be arrested and made to pay back.

Government should construct more roads and maintain the ones in place.

ACTIVITY

Mention any four challenges facing social services.

Give any four possible solutions to the challenges.

THEME: LIVELIHOOD IN OUR DIVISION

SUB-THEME: SOCIAL SERVICES

CONTENT: Security Services

Security is the act of protecting lives and property.

Security Services are offered to maintain peace and keep people’s property safe.

People who provide security services are also referred to as organs that provide security. They include:

* The police
* The army
* The prison
* The private security company.

THE POLICE

Police Officers work at police stations.

Police officers maintain peace and law in our division.

People who break laws are called law breakers / wrong doers.

The police arrests wrong doers and send them to courts of law.

Small police stations are called Police posts.These are found in areas where they are few people.

**Some departments of police**

* The dog section-Searches for criminals.
* The anti- riot
* Traffic police-Controls traffic flow
* The fire brigade-Puts out fire..
* CIID

The Officer in charge heads the police station.

The prison department keeps wrong doers in custody.

Convicted wrong doers in prisons are called prisoners.

Children who commit crimes are taken to remand homes .e.g Naguru Remand home.

Weapons used to keep security

A weapon is a material used to defend ourselves eg:

Guns , batons, sticks,bows and arrows,tear gas, bombs,siren,..

**Examples of prisons in Uganda**.

* Kigo in Entebbe
* Morukatipe in Tororo
* Kawuga in Mukono
* Maluku in Mbale
* Kirinya in Jinja.
* Luzira prison

People who work in courts are ;

Lawyers, Judges, Magistrates.

THE ARMY

The army protects citizens against foreign armies and civil wars.

The army also entertains people . It has bands and a sports team.

The army protects people’s lives and property using a gun.

The National army of Uganda is called Uganda People’s Defence Forces.( UPDF)

The army commander is in charge of the army.

The president is the chief of command of the army.

The army live and work in the barracks.

The crime preventers . These also help the police to arrest the criminals.

PRIVATE SECURITY GUARDS.

These guard schools, offices, banks and homes.

They can be hired by companies or individuals to provide security services.

Other people who provide security services may include:

* Elders
* Neighbours
* Teachers
* Fathers
* Mothers
* Children.

**Children can keep security by;**

* Moving in groups.
* Avoiding gifts and lifts from strangers.
* Reporting wrong doers
* Screaming when in danger.
* Avoid moving in dark and lonely places.
* Do not escape from home without permission.

**Places where security is needed include:**

Homes, schools ,bars, barracks,police stations,state house,hotels, hospitals, markets , banks…..

N.B. The police keeps law and order.

The army defends / protects the country

The prison keeps the prisoners.

Private security company protects lives and properties.

IMPORTANCE FO SECURITY SERVICES

Security services help in maintaining peace and order.

TheY reduce crime rate.

People’s lives are protected.

People’s property are protected.

There’s rule of justice.

PROBLEMS ASSOCIATED WITHSECURITY SERVICES

People practice mob justice.They take the laws in their hands.

Some police officers are corrupt.

Some citizens hide wrong doers.

Terrorism / instability –throw bombs, shoot people.

**Solutions to the problems.**

Corrupt officials should be arrested and charged.

Citizens should be encouraged to report wrong doers.

Citizens should be sensitized about the dangers of mob justice.

Every citizen should get a National ID

**THEME : LIVELIHOOD IN ORU DIVISION**

**SUB-THEME : CHILDREN’S RIGHTS**

**CHILDREN’S RIGHTS**

Rights are natural freedom of people.

Children’s rights are the natural freedom of children.

A child is anyone below the age of 18.

**EXAMPLES OF CHILDREN’S RIGHTS**

**A right to eat food**

It is the child’s responsibity to eat food and observe good eating habits like washing hands before eating, praying et.c.

**A right to have a name.**

It is the child’s responsibility to have and know his / her name and write it correctly.

**A right to know the parents**.

It is your responsibility to know your parents, elders and other children.

Support parents’ efforts in promoting children’s welfare.

**A right to say your feelings.**

Children should say what they want to say.

**Aright to refuse any harmful cultural and religious act.**

Children should report such cases of harmful acts.

**A right to get medical care**

**Aright to play at a right time.**

Children have to play good games and avoid games that cause accidents.

**A right to grow in a peaceful and loving environment.**

Children have to work for the goodness and unity of their family and society.

**A right to education.**

Children have to write well, complete home work, come to school daily.

**A right to have a name** . Every child must have a name and love his or her name.

**A right to parental love.**

**How children promote their rights;**

By being assertive and freely expressing their feelings.

By being responsible while enjoying their rights.e.g washing utensils,working hard in class, etc.

By respecting and loving their parents.

By playing at the right time.

By promoting peace through harmonious living.

**Children’s responsibilities;**

* Respecting elders.
* Washing utensils.
* Sweeping the compound.
* Mopping the house.
* Taking care of others.
* Fetching water.
* Washing clothes

**THEME : LIVELIHOOD IN OUR DIVISION**

**SUB-THEME : Child Abuse**

Child abuse is the mistreatment of a child by an adult.

**Examples / forms of child abuse**.

Defilement.

This happens when adults engage children in sex. Defilement also refers to sexual abuse.

**How to avoid situations that may lead to sexual abuse**

**C**hildren should move in groups.

* Children must avoid lonely places.
* Avoid lifts and gifts from strangers.
* Shout and scream when attacked.
* They should report to the teachers, parents and guardians when in danger.
* Avoid putting on short and torn clothes.

**Situations that may lead to sexual abuse/ defilement.**

* Touching the private parts of the child or forcing him / her to touch the private parts of someone else.
* An adult saying sexy words so as to seduce a child into sex.
* People having sex in an open place where a child can see.
* Displaying pictures of naked people to children.
* Wearing short or transparent clothes.

**ACTIVITY**

1. What are children’s rights?
2. Give any five ways how child rights are abused.

**Child battering**

This is when children are given harsh punishments like burning, cutting and beating.

**Child Sacrifice**

This is when children are killed. They are offered to evil spirits as sacrifices by the people involved in witchcraft.

**Child labour**

This is when children are given hard work to do like providing food for the family.

**Intimidating of children.**

**Poor clothing of a child.**

**Denying children food.**

**Segregating children.**

**THEME : LIVELIHOOD IN OUR DIVISION**

**SUB-THEME : CHILD ABUSE**

**CONTENT:**  **Causes of child abuse**.

1. Poverty of the parents.
2. Domestic conflicts.
3. Divorce of the parents.
4. Big numbers of children.
5. Death of parents.
6. Alcoholism of parents.

**EFFECTS / RESULTS OF CHILD ABUSE**

1. Leads to street children
2. Leads to loneliness of the children.
3. Leads to dropping out of school.
4. Causes to malnutrition.
5. Can lead to body deformity.
6. Can lead to early and unwanted pregnancies.
7. Can lead to early marriages.
8. Leads to trauma.
9. Leads to sadness.
10. Leads to illness

**Ways to stop child abuse**

1. Children should be taught their rights.
2. Children should also value their rights.
3. People who abuse children rights should be reported.
4. Adults should be taught children’s rights.
5. Parents should work hard to meet the needs of their children.
6. Laws should be set to meet the needs of the children.

**How children contribute to child abuse;**

* Through poor dressing.
* Poor performance.
* Accepting gifts and lifts from strangers.
* Through disobeying the parents.
* Watching bad movies.
* Joining bad groups.
* Moving alone in dark places.

**How children can control child abuse.**

* Avoiding bad peer groups.
* Through listening to their parents.
* By dressing decently
* Avoiding gifts from strangers.
* Knowing and exercising their rights.
* Children should not move alone in dark and lonely places.
* By reporting people who abuse children’s rights.

**Activity**

1. The mistreatment of a child by an individual is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. What causes child rights abuse?

**THEME: MANAGING RESOURCES.**

**SUB THEME: NATURAL RESOURCES.**

**Content: Resources.**

Def: A resource is anything useful to us.

Natural resources are things provided by the earth.

**Examples of basic resources**

Land, water, time, vegetation(plants), the sun, minerals ,animals.

**Land**

Land is the most important natural resource in our district/division.

All other resources are found on land.

**Ways of getting land in our division.**

* Through buying the land.
* Through inheritance.
* Through lease.

**USES OF LAND**.

1. Land is used for farming.
2. People graze their animals on land .
3. Land is used for settlement.
4. It is used for burying the dead.
5. It is used for making bricks

**How land can be protected**

* Leaders should teach people better methods/ways of farming.
* People should know the importance of land in their division.
* Leaders should use unproductive land for industries.

**THEME: MANAGING RESOURCES**

**SUB- THEME: NATURAL RESOURCES**

**CONTENT: RESOURCES**

**WATER SOURCES**

These include;

lakes, rivers, wells, springs,rain,oceans,seas,boreholes and streams.

**Importance of water sources**

1. They provide water for home use.
2. They provide water for domestic animals.
3. Some farmers water their crops during the dry season.
4. Source of fish.
5. They provide water for irrigation.

**How to protect water sources.**

1. Rubbish should not be dumped in water sources.
2. Sewage should be blocked from running into water sources.
3. Wells and dams should be fenced.

**How people misuse water sources.**

* By dumping wastes in water sources.
* By urinating in the water sources.
* By bathing in the water sources
* By defecating in them.

**VEGETATION.**

Vegetation is the plant life cover of an area.

**Types of vegetation.**

* Natural vegetation.
* Planted vegetation.

**Components of vegetation.**

* Grass,shrubs,forest,crops,flowers,swamps.

**Forests**

A forest is a group of trees growing together on a large scale.

**IMPORTANCE OF FORESTS.**

1. They are homes for wild animals.
2. Local medicine is got from forests.
3. Forests are also sources of other resources like timber, poles and fruits.
4. Forests help in the formation of rainfall.
5. Forest attract tourists.
6. They provide fire wood.
7. They act as learning centres.
8. They are sources of revenue through tourism.

**How to protect forests.**

1. Tree planting should be encouraged.
2. Tree seedlings should be given to people free of charge.
3. Building and settlement in forests should be discouraged.
4. Putting strict laws on those who destroy forests.

**Activity**

1. Identify at least four ways how people destroy forests today.
2. Draw any two products of forests in your home.

**How to care for vegetation.**

* By encouraging tree planting/ afforestation.
* By discouraging deforestation.
* By encouraging re-afforestation-the planting of trees where they have ever been.
* By putting strict laws against the people who destroy the forest.
* Building and settling in the forest should be discouraged.

Educating people about the uses of the forest.

**The general importance of vegetation.**

* Vegetation can be eaten as food by both man and animals.
* Some vegetation can be used by man as herbal medicine.
* Vegetation is a home/habitat of wild animals.
* Vegetation like forests help in the formation of rainfall.
* Vegetation provides us with resources like timber and fruits.

**SWAMPS.**

Swamps are places with vegetation and plenty of water.

**The map symbol of a swamp**.

**Importance/uses of swamps**

* Swamps provide raw materials for making handcraft e.g. papyrus, clay.
* Swamps are sources sand and clay.
* Fishing is carried out in swamps.
* Crops like cocoyams,sugar cane,vegetables and rice grow well in swamps.

**How people misuse swamps**

* Some people set fire on swamps.
* Brick-making also leads to the destruction of swamps.
* Some people drain swamps in order to build.
* Over harvesting of water from swamps.

**How to protect swamps**

* Building of factories and settlement in swamps should be stopped.
* Waste materials from factories should not be dumped in swamps.
* People who misuse swamps should be arrested.

**THEME: MANAGING RESOURCES**

**SUB- THEME: NATURAL RESOURCES**

**CONTENT: SAVING RESOURCES**

**What is saving?**

Saving is the wise way of using resources.

**Examples of basic resources**

* Water,land,time , the sun,animal,vegetation,minerals.

**Ways of saving**

* Keeping in the bank.
* Keeping in a safe wooden or metallic box.
* Proper use of materials.
* repairing
* recycling
* Planting crops.
* preparing enough food
* Switching of power when not in use.
* Budgeting
* Using saving charcoal stoves

**Class discussion**: **How can we use time well?**

**Through making and following a time table.**

1. Why is it good to save?
2. It helps to meet ones needs.
3. Improving standards.
4. Avoiding wastage e.g. through recycling.
5. We save for future use.

**Ways of spending wisely.**

* Budgeting
* Negotiating
* Prioritising
* Comparing quality
* Comparing prices
* Comparing quantity

**Activity**

1. Name any four things we spend on.

2. Give two ways how we can spend wisely.

3. How can you advise a P.3 child not waste time?

4. Give three reasons why you think it is good to save.

**HIV/AIDS**

**HIV**-**H**uman **I**mmunodeficiency **V**irus

**AIDS**-**Ac**quired **I**mmune **D**eficiency **S**yndrome

This means that the body is in a condition where it has lost the ability to defend itself. It is brought about by a virus which destroys the white blood cells.

**How HIV/AIDS can be spread**.

1. Through having unprotected sex with an infected person.
2. An infected mother to the born baby during birth.
3. Using sharp contaminated sharp instruments with an infected person.
4. Blood transfusion of unscreened blood.
5. Through accidents involving people infected with the virus.
6. Using unsterilized items
7. Inheritance of victims of HIV/AIDS.
8. Tattooing using the same object with an infected person.

**Signs of HIV/AIDS**

1. Brain damage
2. Persistent fever
3. Severe diarrhoea
4. Loss of weight
5. White coating in the mouth
6. Lung infections
7. Pneumonia
8. Skin rashes black sports on the body
9. Tuberculosis

**Activity**

1. Write the following in full

-AIDS

-HIV

2. Name the Virus that brings about AIDS

3. Which cells in our bodies are destroyed by HIV virus?

4. Mention any three ways in which AIDS can spread.

**Ways of preventing HIV/AIDS**

-Say NO to sex

-Abstain from sex

-Check for HIV before marriage

-Do not share sharp instruments

-Use sterilized instruments

-Use gloves when helping HIV/AIDS patients

-Go for voluntary counseling and testing.

**How to Care for people living with HIV/AIDS**

* Encourage them to take drugs
* Feed them on nutritious food
* Washing for them
* Telling them stories
* Singing for them
* Praying for them

**Effects of HIV/AIDS**

**1**. Increase of orphans

2. Children lose one or both parents

3. Children stop going to school in order to look after their sick parents

4. HIV/AIDS brings poverty to the family

5. HIV/AIDS leads to death

Ref. Thematic Curriculum

**PIASCY Messages**

**P**residential **I**nitiative on **A**IDS **S**trategy for **C**ommunication to **Y**outh

* PIASCY was started by the President of Uganda as a means of communicating to youth about HIV/AIDS

**Examples of PIASCY Messages**

**1. Have good morals**

* Children should have the responsibility to obey religious teachings that show you what good moral behavior is.
* Good morals will help you make safer choices
* Listen to parents, guardians and elders who show you good character and behavior.

**2. Follow your religion to stay safer**

-Christianity and Islam ask their followers to delay sex until marriage.

-Religion asks you to pray

-Religion gives you comfort when you have a problem.

-Going regularly to the church or Mosque will give you a community of people who can help you.

**Body Changes** (Boys)

Your body will begin to change when you are about 11 years

These changes are healthy and are caused by hormones

Never tease boys who have body changes

**Body changes ( Girls)**

Your body will begin to change when you are about 10 years.

These changes are normal and are caused by hormones. Breasts are private parts. Boys should not touch girl’s breasts. Girls should not use their breasts to tease boys. Never tease a girl about her breasts.

**4. Virginity is healthy. Stay a virgin**

A virgin is a person who has never had sex. Sex is not for young people. Being a virgin protects you from HIV and other sexually transmitted infections and pregnancy.

Being a virgin helps you to read without any disturbances, help your family and play with your family without any worries.

**Activity**

a. How can religion help us not to get HIV/AIDS?

b. Why is it good to remain a virgin?

**5. Always say NO to sex**

Always say NO to sex until you have finished school and are married.

Always say NO to people who want to give you gifts for sex.

If you have already had sex, you can stop and say NO.

If someone is forcing you to have sex, always tell a trusted adult like your teacher.

**6. Stay in school**

Make education the most important programme in your life.

Go to school every day and study hard.

Do not drop out to marry or work.

Take school as a chance to learn about how to avoid HIV, early pregnancy and other problems.

**7.Boys and girls respect each other**

Boys and girls have equal rights to education and to stay safe.

Boys and girls can do equal work and perform well at school.

Boys should not push girls to start sex. Girls should not push boys to have sex.

Boys do not touch girls, stare at them or block their path.

Respect between boys and girls can help to stop the spread of HIV/AIDS.

1. **Know and exercise your rights**

Boys and girls have a right to speak out against anything they feel is bad for them.

You have a right to say NO to sex and forced marriage.

You have a right to delay sex until you are married.

You have a right to stop sex if you have started it for any reason.

Your private parts are your special and private property.

**8.Know and observe your responsibilities** .

You have a responsibility to help your parents and guardians.

You have a responsibility to test for HIV

When teachers and parents talk about HIV, you have a responsibility to listen and understand.

**Life skills**

Be friends with children who read hard, help your family and try to stay safe by avoiding sex.

Avoid friends who can make you run away from school, steal, fight or have sex when you are still a child.

Speaking up and asking for help are important skills to keep you safe.

**Activity**

1. What is PIASCY?
2. Who started PIASCY in Uganda?
3. What is the major purpose of PIASCY?
4. Write down any messages that can help you prevent HIV/AIDS.
5. Mention any two life skills that can help a primary school pupil avoid contracting or getting HIV/AIDS.

***Theme: Basic technology in our division***

***Sub theme: Natural and Artificial Materials***

Technology is the practical way of solving problems.

Natural materials are things got from the environment.

**Examples**

Banana fibres palm leaves sisal grass clay sand papyrus l

Artificial materials are made by man; e.g. wire, plastic, straw, metals

**Sources of natural materials**

Plants, lakes, swamps, bush /shrub, anthills, grass

**Processing and making things from natural materials**

|  |  |
| --- | --- |
| **Material** | **Product** |
| Papyrus | Mats, baskets, table mats, hats |
| Banana fibre | Ropes, dolls, balls door mats, |
| Sisal | Ropes , strings, sacks |
| Clay | Plates cups, pots ,teapots |
| Fruits | Salads, juice e.g. lemon, orange |
| Grass | Brooms |

**Uses of the products**

1. For selling to earn money
2. For playing
3. For designing
4. For designing
5. For learning purposes
6. For cleaning eg brooms

**Activity**

1. **………..**are the materials got from the environment.
2. Give any three examples of natural materials
3. What are artificial materials?
4. Identify two examples of artificial materials.
5. Name any two sources of natural materials.
6. What products are got from the following materials?
7. Papyrus
8. Clay soil

Reference Thematic curriculum bk 3 pg52

***Theme: Basic Technology***

***Sub theme: Natural and Artificial Materials***

***Content: Making things from Artificial Materials.***

The source of artificial materials is recycling.

Products got from artificial materials are made from industries or by man.

|  |  |
| --- | --- |
| **Material** | **Product** |
| Straws | Handbags, table mats, hats, baskets |
| Wire | Toy car, toy bicycles |
| Plastic | Jerry cans, shopping bags, basins , plates ,cups |
| Metals | Knives , panga, (garden tools),spoons |
|  |  |

**Uses of the products**

* They are used for children’s play
* For selling and earning money
* For decoration
* For wearing e.g. ornaments

**Activity**

1. How are artificial materials got?
2. Name the source of artificial materials.
3. Give any two uses of products got from artificial materials
4. Identify any four products got from artificial materials.
5. Draw any two products got from artificial materials.
6. **Practical:** use some artificial materials to make some artificial products.

Reference: Thematic curriculum

**END**