



**THE**

Volume 3, Edition 1

**INGOMA**

News with a beat



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*Dear Readers,*

*Welcome to a brand-new school year! In this edition of The Ingoma, we invite you to journey through the exciting adventures of recent school trips, take a closer look at the highlights of the Year 12 University Fair, and test your knowledge with a quiz and word search celebrating our nation's independence. We hope you enjoy reading and wish you a fulfilling and inspiring school year ahead.*

*Editor: Ziana*

*Quote for this edition:*

*A winner is a dreamer who never gives up.*

*- Nelson Mandela.*



## Save the Date!

**6/10: Teachers' Day**

**8/10: Independence Day Celebrations**

**9/10-19/10: Half-term Holiday**

**20/10-23/10: Secondary Mental Health Week**

**24/10: Secondary Inter-House Sports Day**

**29/10: Secondary PTC (Y8,9,11&13)**



HAPPY INDEPENDENCE DAY

UGANDA



Some important leaders, like Milton Obote and others, worked hard to get independence. They wanted Ugandans to be free, to choose their own leaders and make their own laws. Finally, after a lot of talking and some struggles, Uganda got independence.



Uganda's Independence Day is on October 9th. That's the day back in 1962 when Uganda stopped being ruled by Britain and became its own country. Before that, for many years, the British controlled Uganda and made a lot of decisions without asking the Ugandan people what they wanted. The Ugandans didn't really have much power to run their own country.

# *New Secondary Teachers*

Hello, my name is Ms. Guilline, and I am pleased to join this school as the new secondary computing teacher. This is my first time in Africa, and I was drawn here by the school's strong reputation and the warm, positive impression I gained from my research. Since arriving in Uganda, I have been touched by the friendliness and hospitality of its people. I have previously taught in Kazakhstan, Uzbekistan, Malaysia, Jordan, Abu Dhabi, Kuwait, Egypt, and Scotland, and I look forward to bringing this diverse experience into my teaching. Outside of work, I enjoy exploring different cuisines, especially spicy food.



Caroline Guilline



Abayomi Oni

Hello everyone! I am excited to join as the new secondary school Music teacher. I was drawn to this school for its strong sense of community, high expectations, and the kindness of its people, as well as Uganda's rich culture. Previously, I have taught in Nairobi, the U.K., and Nigeria, and outside of teaching I enjoy jollof rice, fish, and plantain.



## A Blueprint for Brilliance: Our Proactive Strategy for Wellbeing and Achievement

If you've been following the great work happening here, you know we're always pushing forward. Our primary focus isn't just about academic excellence; it's about ensuring every child has the tools, opportunity, and resilience to thrive. This year, we've got a clear direction from The School Board and our Leadership Team to ensure we deliver outstanding value for inspirational, international quality education.

## The Focus of Our Academic Year

Our strategic goals are all about making us smarter, sharper, and more future-proof. They include:



Pathways to Success: Strengthening our G&T (Gifted & Talented) programmes to establish clear pathways to top-flight universities. This starts in primary school, with children being identified and provision made to challenge them or give them broader experiences.

Curriculum Power-Up: Creating a more purposeful link between English and the International Primary Curriculum (IPC); overhauling the timings of our assessment and reporting to parents (as seen by the recent parent teacher consultations).

- We are modernising how we plan and present learning for Early Years children, including stronger connections between home and school
- Parent engagement and our communication is something we constantly try to improve. We will set-up year group and whole school WhatsApp groups for easier communication from school to home.

## Building Emotional Muscle: Our Universal Wellbeing Offer

This strategic focus goes hand-in-hand with our foundational commitment to nurturing children. We realised we couldn't just react to problems; we had to be proactive. We created a timetable with special programs for everyone. We want to stop mental health worries *before* they get too big and need a specialist. If we give the children the right tools and skills, they can mostly solve their own problems.



We've carved out 30 minutes of dedicated wellbeing time every day. This isn't fluffy time; it's evidence-based, bespoke, and so successful—with pupil, parent, and staff feedback being very positive—that we've now extended this 30 minutes daily to Key Stage 1 children as well.

The week is woven with intentional activities:

- The Daily Habit: Weekly Communal Singing Assemblies (research proves the positive impact of singing), Shared Reading, the Wednesday Walk for intentional "talk and chatter," Journalling (adults do it too), and our emotional check-in, 'Feelings Friday'.

**Health and Fitness:** We've revamped our lunch menu with a new healthy eating policy (because food matters). We are intentionally tackling the resilience to physical activity—a challenge given the limited opportunities to roam outside in Kampala—by measuring fitness in PE, and we now include fortnightly morning exercise involving all teachers and children, with parents invited, and measuring stamina termly.

### **Targeted Support: Lowering the Barrier**

While the universal offer raises the floor, we are smarter than ever at ensuring clear pathways for those who need a little extra.

**Proactive Identification:** We are identifying children who may need more support by analysing trends in behaviour referrals and pastoral concerns..

**The Counsellor Tea Party:** Our most successful move? Every single new student has a termly Tea Party with the school counsellor in their first year. It immediately normalises seeing them. The counsellor also runs half-termly check-ins with all new children (a great approach to transition) and increases involvement with children who need a little more nurturing.

## The Proof Is in the Data

We take our impact seriously. The skill, organisation, and incessant cheerfulness and drive of our team and the children's hard work are truly paying off:

- behaviour: We are seeing a 25% reduction in behaviour referrals and a huge 80% reduction in primary exclusions (a powerful number, even from a small data set!).



Fitness: Our half-termly fitness test shows a 17% improvement in average fitness from August to June.

Healthier Choices: The new school menu shows an increased preference for healthier options, with staff reporting children opting for healthier choices and less wastage.

This academic year, we're now looking ahead to key areas like sleep hygiene and screen time, analysing recent pupil survey data to encourage healthier habits. We've seen fantastic results from last year (we are up for a Times Educational Supplement international schools award for student mental health), and we are excited to see the comparison of our wellbeing survey results between 24/25 and 25/26.

## Some thoughts from the children about wellbeing

'FRIDAY FEELINGS HELPS ME RELEASE MY PRESSURE INSIDE. JOURNALING IS PERFECT' - Y4 CHILD

'I LIKE WEDNESDAY WALK BECAUSE I CHAT WITH MY FRIENDS AND MAKE THEM FEEL BETTER' - Y5 CHILD

'SINGING ASSEMBLY IS AMAZING' - Y6 CHILD

'FRIDAY FEELINGS HELPS ME END THE WEEK NICELY' - Y3 CHILD

'IT'S GOOD FOR OUR BRAIN BECAUSE IT MAKES OUR BRAIN IMAGINATIVE' - Y1 CHILD ABOUT SHARED READING

# Masheda Palm Resort Trip Year 12

As Year 12, we had the kind of camping experience that we surely won't forget. During our stay, we took part in different activities that made the trip both fun and memorable. We had time to play games, watch movies, and relax in the beautiful gardens, which gave us a break from the usual heavy loads of school. The peaceful environment also made it easy for us to spend time talking, sharing stories and bonding as a class, even getting our head of year and form tutors to dance with us!



One of the highlights at Masheda Palm Resort was touring the catfish farm. We learnt how the fish are raised from fingerlings to harvest, and how the farm adds value by producing things like smoked fish and fillets. It was eye-opening to see how much effort goes into the food we eat.

We also had a chance to visit the community weaving programme at Masheda. There were women from the local community, especially single mothers, who weave baskets and crafts using local materials. The project helps them learn skills, earn income, and share their culture. We got to see how the weaving is done, and some of us even tried weaving ourselves, which was harder than it looked, but very fun.

We visited a local orphanage, where we got to see the children's living conditions and spend some time with them. Our class brought donations of food, clothes, and school supplies, which we handed over to help support the centre. It was a touching experience that reminded us how important it is to give back to the community and help those in need.



While at Masheda we learnt about Western Uganda's culture, especially how to make Eshabwe, a traditional sauce made from ghee, salt, and water. We saw the tools and ingredients used, and learnt about other milk products like Bongo (fermented milk) and ghee, which are important in the local diet. It was interesting to see how much milk can be turned into different foods.

Overall, our trip to Masheda Palm Resort was an amazing experience. We got to relax, have fun, and try new things like touring the catfish farm, learning basket-weaving, and exploring local traditions like making Eshabwe and other milk products. It was a great way to bond as a class, learn new skills, and appreciate the culture and community around us. We will definitely remember this trip for a long time.



**By Elaine, Beata, and Dylan  
Year 12**



NOTTINGHAM TRENT UNIVERSITY  UNIVERSITY OF LEEDS 

 Middlesex University  @U Business School



This term, our Year 11,12 & 13 students as well as other schools in Kampala had the opportunity to engage with representatives of different universities from around the world. Sharing diverse academic programs, application processes and student life aspects, during our university fair. Some of the universities in attendance included : Nottingham Trent University, University of Leeds, Middlesex University, EU Business School among many others.

Our newly appointed prefects and student leadership team rose to the occasion with confidence and excellence throughout the University Fair. They played a key role in coordinating the event, guiding other students and the representatives as well and ensuring the event ran smoothly. Their leadership and dedication was further displayed during the dinner that followed where they represented Rainbow with maturity and great hospitality. A big thank you also goes to Mrs. Sempele for putting the whole event together, Mr. Douglas for being an amazing host and the Chairman and resident directors of Rainbow - The Kotecha family, Ms Lakshmi and Mrs Phalguni for facilitating this exceptional event to take place!



# BOOKFLIX

Each week we will use this section to show you new books available in our primary library as well as what is popular right now with our primary children.

## NEW RELEASES: PRIMARY LIBRARY



Suitable for age 2-7 years

Suitable for age 8-12 years

## TRENDING NOW



## REVIEWS

**Beast Quest: Sepron the sea serpent by Thomas**

I like this book because I like sea serpents, and this boy fights mythical creatures. I recommend this book to people who like fantasy stories.

**Skylie 4dj A wheelchair for Francis**

A wheelchair for Francis is a wonderful book  
I recommend everyone To read it  
it is a pure  
African book and it is very intresting.

**wolves by samuel 5VO**

this book is all about wolves big wolves small wolves and even cubs it also talks about wolves surroundings like the mountains or even a desert also talks about wolves living in there pack and when they leave there pack i reccomend this to anyone who likes wolves

**Anne of Green Gables, reviewed by Carmen (6CB)**

This is a very interesting book. it's about an orphan who is treated badly but she just wanted a home and a family to live with. I recommend this book to people who like reading about sad stories with happy endings.



## Our Primary Personal Learning Goal for August & September is...

# ***Adaptability!***

## What are Personal Learning Goals?

Personal Learning Goals are an important part of the IPC (International Primary Curriculum) which we follow here at Rainbow. Each month this year we will be focusing on a different Personal Learning Goal in Primary. These PLG's are a set of eight character traits or dispositions that are integrated into the curriculum to help children develop into well-rounded, resilient, and globally-minded individuals. They are not academic subjects, but rather a focus on personal qualities that children will need to succeed in a rapidly changing world.

The new school year is officially underway, and the classrooms are once again filled with the sound of learning. This time of year is always an exciting whirlwind of new teachers, new classrooms, and new friends. But for our young learners, this period of change can also be a little challenging. That's where the Personal Learning Goal of **adaptability** comes in.

Adaptability is the ability to adjust to new conditions. Think of it like being a superhero who can change their superpower to fit any situation! At the start of a school year, this skill is especially important. A child might have a new morning routine, a different way of doing things in their classroom, or a whole new group of people to get to know on the playground. These changes, big and small, are all opportunities for them to practice being flexible and resilient.



## How can we help our children with adaptability?

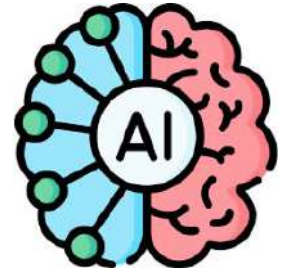
As parents and educators, we play a crucial role in helping children build this skill. Here are a few simple ways you can encourage adaptability at home:

- **Talk About It:** Have open conversations with your child about the changes they're experiencing. Acknowledge their feelings and let them know that it's okay to feel nervous or uncertain.
- **Encourage "Growth Mindset" Thinking:** Instead of them saying, "I can't do this," encourage them to say, "I can't do this **yet.**" This simple shift in language helps them see challenges as opportunities to learn and grow.
- **Model Adaptability:** Children learn by watching us. If your family's plans change unexpectedly, show your child how you handle it with a positive attitude.
- **Celebrate Small Victories:** Did they try a new food at lunchtime? Did they make a new friend? Acknowledge and praise these small acts of bravery. Each one is a step toward building confidence and flexibility.

The start of a new school year is a journey of growth for all of us. By focusing on adaptability, we can help our children navigate this exciting time with confidence and a sense of adventure. Here's to a wonderful and flexible school year ahead!



# AI IN EDUCATION



## What is AI in Education?

AI in education means using artificial intelligence technologies to help improve teaching and learning. It involves computers and software that can understand, support, and personalize the learning process for students.



## Challenges and concerns

There are challenges with AI in education. Some worry it might replace teachers or reduce human interaction. There are also concerns about privacy since AI systems collect a lot of data on students. It's important to use AI ethically and ensure it supports rather than replaces teachers.

## How is AI used in education?

AI helps personalize learning by adapting lessons to each student's needs. It powers smart tutoring systems that explain concepts and give feedback. AI also speeds up grading, assists with administrative tasks, and supports language learning by improving pronunciation and practice.



## The future of AI in education

In the future, AI could create fully customized learning experiences, virtual classrooms, and smarter tools to help both students and teachers. It may also help with lifelong learning, making education more flexible and accessible for everyone.

## *Fun with languages:*

German has the largest number of native speakers in Europe. But German is more than just widely spoken, it's a language with a rich and fascinating history, packed with wonderfully precise words and expressions that capture ideas and emotions like no other.



### **FREE ENGLISH LESSONS FOR PARENTS:**

For Parents/Guardians of ESL Students, Primary and Secondary. These free English lessons to help you build confidence and support your child's learning. It's every **Tuesday** (during Enrichment Club time) in the ESL Primary Room 25 and is absolutely Free!

Why Join? These lesson can help you;

Improve your English skills, learn practical ways to help your child, Meet and connect with other parents, and enjoy a supportive learning environment. All parents and guardians are warmly welcome! Come, learn, and grow with us every Tuesday!

Please contact: [makena@risu.sc.ug](mailto:makena@risu.sc.ug)

## Year 11 Trip

### Lakeside Adventure Park Mukono



From **16th to 19th September 2025**, Year 11 set off on the unforgettable **OLW Trip to Lakeside Adventure Park**.

Packed with adventure, teamwork, service, and laughter, the four days gave us stories and memories that will stay with us for a long time.

On **Day 1**, our first stop was the **Ggaba Water Treatment Plant**, where we saw how clean water is processed to our homes. Then came a memorable experience: a **boat ride across the lake** to reach Lakeside. Once we arrived, we settled into our sleeping areas and spent the afternoon with some team-building games like volleyball, football, indoor games and tug of war where we competed and 11GZ won the competition. After dinner, we gathered for a movie night.



**Day 2** was all about community service. We visited **Lweza Muwumuza C.O.U Primary School**, where we led art and Crafts, PE, and cooking lessons, and donated supplies to the school. The highlight was a lively football match with the students, which we won 5–1; everyone had a blast celebrating the game together.

Back at Lakeside, it was time to test our courage. We tackled the high ropes course and climbing wall, which definitely pushed us out of our comfort zones. After dinner, the night ended around a campfire with music—which we all enjoyed.

**Day 3** was packed with energy. We started by planting trees at the school—tiring but refreshing and meaningful for the future. Then came crate stacking, an obstacle race, and a treasure hunt, before heading to the beach for some fun and relaxation. After dinner, we enjoyed an old action movie that kept everyone hooked until the end.



**In the end**, the OLV Trip was more than just a getaway—it was about teamwork, service, and shared experiences. We learned to support one another, to step out of our comfort zones, and to see how even small actions like planting trees or teaching a class can make a big difference. Year 11 came back stronger, closer, and more confident, with stories that we'll keep sharing long after the trip. It was the perfect mix of learning, adventure, and fun—and one of those experiences we'll always look back on as a highlight of school life.

**Day 4** started off smoothly with breakfast and packing up—but the boat trip back turned into something none of us will ever forget. Midway across the lake, one of the boat's engine stopped. Panic set in as the crew tried to handle the situation, and many of us were honestly scared. The other boat had to tow the stranded one and luckily, everything turned out fine in the end, and we all made it back to shore safely. By the time we returned to school, we were exhausted but relieved—and we definitely had one of the most dramatic stories a school trip could ever give us.





## FOOTBALL



## ISSAK Football Results

On Saturday 27<sup>th</sup> RISU fielded 4 teams in the ISSAK football league at French school and below are the outcomes:

U13 Boys : RISU 3 – 2 EFIK

U16 Boys : RISU 2 - 0 EFIK

U13 Girls : RISU 1 – 1 EFIK

U16 Girls : RISU 0 - 2 EFIK

Great effort to all players who participated and a big thank you to parents for their support.

## ATHLETICS



## ISSAK ATHLETICS

Team RISU delivered an impressive performance in the recently concluded ISSAK track & Field championships, held at ISU on the 23<sup>rd</sup> of September. Here are the highlights:

RISU Boys secured 1<sup>st</sup> place overall

RISU Girls achieved 3<sup>rd</sup> place overall

Combined, boys and girls points placed RISU 2<sup>nd</sup> overall.

Congratulations to all athletes for their exceptional performance.

## Upcoming fixtures

- 22<sup>nd</sup> October:  
U16B RISU vs HIS  
U16G HIS vs RISU  
U13G HIS vs RISU  
U13B HIS vs RISU

- 23<sup>RD</sup> October:  
U13B RISU vs kisu  
U20B RISU vs HIS

- 24<sup>th</sup> October :  
Secondary  
Sports Day

- 28<sup>th</sup> October:  
U16B KISU vs RISU  
U16G KISU vs RISU  
U13B RISU vs kisu  
U13G RISU vs KISU

## Year 7 outdoor learning trip:

Last week, 7SG and 7SK enjoyed an exciting outdoor learning experience at Nile River Camp. The camp's beautiful setting along the Nile River created an ideal space for students to break from their normal classroom routines and connect with nature. Over three days, we participated in various activities aimed at promoting learning and personal growth. These activities included nature walks, quad biking, teamwork challenges, and community service projects, each offering unique opportunities for discovery and development.



During the outdoor learning week at Nile River Camp, students explored nature through walks that deepened their understanding of ecosystems and conservation, while adventurous activities like quad biking boosted confidence and focus. Many were moved by charity work at The Master School, where teaching, playing football, and sharing dance battles with local children fostered empathy, gratitude, and awareness of privilege. Team-building games such as “Fill the Bottle” and “Human Knot” strengthened communication, cooperation, and problem-solving skills, bringing classmates closer together. Overall, the trip combined outdoor exploration, service, and teamwork, leaving students inspired to grow in responsibility, compassion, and community spirit.



## **UGANDA'S INDEPENDENCE DAY CELEBRATIONS**

**THE ANNIVERSARY OF UGANDA'S INDEPENDENCE FALLS ON OCTOBER 9**

**FACTS ABOUT UGANDA SINCE INDEPENDENCE**



**Has generous and welcoming people**

**Over 50 tribes with different cultures live in Uganda like the Baganda, Banyankore, Basoga, Acholi**

**Was formed from several kingdoms for example Buganda, Bunyoro, Busoga, Teso.**

**We eat foods like Matooke, Beans, Groundnuts, Sweet Potatoes, Rice, Sorghum, Millet and Rolex**

**Uganda has massive wild life reserves**

**It has the highest density of primates worldwide**

**The capital city is Kampala**

**It has been ruled by 9 presidents**



## **TRADITIONAL KIGANDA DANCE**

**HISTORY OF UGANDA'S INDEPENDENCE**

**WHO DESIGNED-THE UGANDA NATIONAL FLAG?**

**Grace Ibingira, the then minister of justice**

**WHO COMPOSED-THE UGANDA NATIONAL ANTHEM?**

**George Wilberforce Kakoma. It was officially adopted in 1962**

**WHAT ARE SOME TOURIST ATTRACTIONS IN UGANDA?**

**Queen Elizabeth national park**

**Murchison falls national park**

**Bwindi Impenetrable national park**

**Mountain Rwenzori national park**

**Kibaale national park**

**Kasubi royal tombs**

**Lake Victoria**

**Lake Bunyonyi in western Uganda**

**Fort Portal**

**Jinja**

## **VIEW OF KAMPALA CITY**



**Compiled by**

**Geoffrey Lasu**

**Andrew Busingye**

**Travis C Male**

# QUIZZES FOR UGANDA INDEPENDENCE

**1. Uganda gained independence from Britain on October 9, 1962. Who was the first Prime Minister of independent Uganda?**

- a) Milton Obote
- b) Idi Amin
- c) Edward Mutesa II
- d) Paulo Muwanga

**2. Uganda's independence constitution adopted in 1962 was heavily influenced by which type of political system?**

- a) American federalism
- b) British Westminster system
- c) French semi-presidential model
- d) Soviet socialist model

**3. Which Ugandan kingdom strongly influenced the negotiations leading to independence, insisting on special federal status within the new nation?**

- a) Toro
- b) Ankole
- c) Buganda
- d) Bunyoro

**4. Who represented the British Crown at Uganda's independence ceremony in 1962?**

- a) Princess Margaret
- b) The Duke of Kent
- c) Queen Elizabeth II
- d) Prince Philip

**5. On the eve of independence, which Ugandan political alliance formed the first government?**

- a) Democratic Party (DP)
- b) Uganda People's Congress (UPC)–Kabaka Yekka (KY) alliance
- c) Uganda National Congress (UNC)
- d) Uganda Freedom Movement (UFM)

**6. What was the national motto of Uganda at independence in 1962?**

- a) Unity and Strength
- b) Freedom, Prosperity, Progress
- c) For God and My Country
- d) One People, One Nation

**7. Independence celebrations in 1962 included lowering the Union Jack and raising the Ugandan flag. What were the symbolic colors of the newly adopted flag?**

- a) Black, Yellow, Red
- b) Green, White, Black
- c) Blue, White, Yellow
- d) Red, Green, Black

# WORD SEARCH

## UGANDA INDEPENDENCE DAY

U N I T Y C U L T U R E P D S K A J  
F N V O C T O B E R A D E P J G F I  
L A F Z D I N D E P E N D E N C E K  
A T E J C K J R W H W D O P V L M A  
G I A P Q G S E Y E F R E E D O M M  
C O L O N I A L X R O W I S N T S P  
L N K L C E R E M O N Y W Z F X A A  
D A C U X D R U K E U G A N D A X L  
O L V Q Y G S U V S N S H J R D C A  
A F R I C A X C B R I T A I N E L E  
S H U V V O K W T S R R H T B Q I V  
O W V N R X C E L E B R A T I O N C

Find the following words in the puzzle.  
Words are hidden →, ↓, and ↘.

AFRICA  
BRITAIN  
CELEBRATION  
CEREMONY  
COLONIAL  
CULTURE

FLAG  
FREEDOM  
HEROES  
INDEPENDENCE  
KAMPALA  
NATIONAL

OCTOBER  
UGANDA  
UNITY

*Quiz answers:*

- 1) A      5) B
- 2) B      6) C
- 3) C      7) A
- 4) B

# In the world of PREMIER LEAGUE!

## Matchday 6



**NBA Preseason:** Preseason games for the 2025–26 NBA season will continue throughout the week, including the following matchups:

- **Monday, October 6:** The Golden State Warriors face the Los Angeles Lakers.
- **Tuesday, October 7:** The Toronto Raptors play the Denver Nuggets.
- **Wednesday, October 8:** The Cleveland Cavaliers take on the Chicago Bulls.
- **Thursday, October 9:** The Golden State Warriors are scheduled to play the Portland Trail Blazers. And more!

Jeffrey Murari  
8MN

## Prices of Stationery- Sold at Uniform Shop



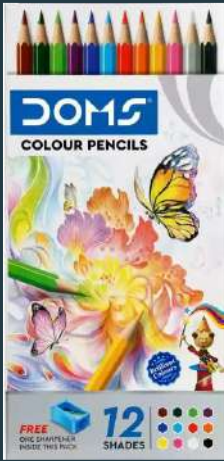
A box @ Ush.3000/-



Wax Crayons 12 shades Ush.5,000/- and 24 shades Ush.8,000/-



Poster Colours  
Box of 6 pcs sh.10,000  
Box of 12 Ush.16,000/-



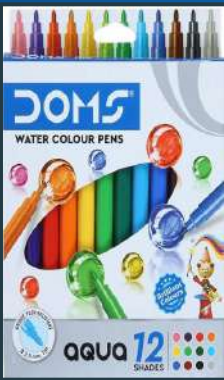
A box @ Ush.5,000/-



Mathematical Set from Ush.8,000 to 10,000/-



Ruler 30cm Clear each @ Ush.1000/-



Felt Pens  
6 pens Ush. 2,000/-  
12 pens Ush. 4,000/-



Art Pencils each @1,000/-



Scissors  
Small Ush.4,000/-  
Ush. 5,000/- and  
Ush.6,000/-

Medium  
Big



Pens each @ Ush.500/-



Eraser each @ Ush.1,000/-