



THE

INGOMA

News with a beat

Volume 3, Edition 2



Dear Readers,

Welcome to the 2nd edition of this year's newsletter, packed with interesting and fun news and articles. If you have something to share, a piece of news, an image, a story or something completely different, send them to secondaryhead@risu.sc.ug

Editor: Ziana

*Quote for this edition: Self-love is the source of all our other loves.
Pierre Corneille*



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- Sports Quiz

Save the Date!

- 5th Nov: Sec Y7,10 & 12 PTC
- 6th Nov: UBC Visit
- 12th Nov: Y7 Open Day
- 12th Nov: Sec Science Fair
- 14th Nov: Year 11 Geo trip to Ssezibwa
- 19th Nov: Sec ISSAK Cross Country @ISU



Uganda Day in Primary: A day of celebration and colour!

On October 8th 2025 we celebrated Uganda Day in Primary. Everyone came to school dressed up in their finest Ugandan clothes, or colours of the Ugandan flag, and we had an exciting morning full of activities. Starting with everyone coming together for Ugandan dancing outside the library, the children were then split into 4 region groups (Northern, Eastern, Central & Western) and had fun doing a rotation of 4 different activities: Ugandan playground games, 2 different sessions with storytellers, and an art activity where the children made lion collages using seeds and beans grown in Uganda. The morning's activities were followed by a yummy Ugandan lunch, then there was an unforgettable whole school assembly in the afternoon with the Baraka Performers. It was such a fun day, we can't wait to do it all again next year!



Year 9 outdoor learning trip

MY OUTDOOR LEARNING EXPERIENCE

The first day of Outdoor Learning was a blast! We had a fun bus ride, stopover at KFC (where I splurged on chicken!), and a nature walk along the train tracks to the Jinja bridge. Initially tired and grumpy, I ended up having a pretty good time running with friends and taking in the sights. Despite some hiccups, it was a great start to the trip.



The second day was a significant improvement from the first. We had a playful morning, followed by a buffet breakfast and a visit to the Railway Museum. There, we learned about Uganda's railway history and even tried a manual train cart. The day ended with pool time, dinner with huge portions, and a movie night with popcorn. Everyone was exhausted, so we headed straight to bed.



On Day 3, despite exhaustion, I was excited for the day's activities. After a great breakfast buffet, we visited Tenda Junior School for a community outreach, donating school supplies and reading to the kids - a heartwarming experience. However, some students had rumbling stomachs and fell ill. A planned boat ride was also cut short due to sickness. At the campfire, we bonded over stories and roasted marshmallows, but the mood was subdued due to widespread illness among my friends.



The final day was uneventful. After a morning swim and frantic packing, we had a quiet breakfast and departed by 9 am. Music filled the bus ride home, with everyone hoping to avoid any more sickness. We arrived back at school on time, worn out. Despite a great location, the trip was marred by widespread illness. I'd rate it 6.5/10, with mediocre food being a drawback. Overall, it was a mixed experience – *By Elena Cecil, Year 9NO*





Our Dazzling Diwali Assembly

Diwali, the Festival of Lights, is a truly global event, celebrated by over 1.2 billion people as a moment of new beginnings and reflection. Here at school, we recently embraced this incredible cultural energy with a fantastic programme of student talent, important learning, and, of course, a dazzling display of light!

The celebration successfully blended education with entertainment, ensuring every age group connected with the festival's profound meaning.

We were treated to a wonderfully captivating dance performance from one of our talented Y3 students - a memorable solo performance from Nahita. This performance highlighted the sheer joy and communal unity that Diwali creates.

The educational focus was brilliantly handled by our older students. Jay, from Year 12, gave an inspiring presentation, clearly articulating the festival's core message:



(core message) the fundamental importance of light—both literal and metaphorical—as the victory of goodness and knowledge over darkness and ignorance. This key teaching was a powerful thread running throughout the whole event.

What better way to celebrate the theme of light conquering darkness than with a spectacular finale? As the assembly ended, the basketball court was lit up with a brilliant display of fireworks, followed by the magical glow of children holding sparklers. The atmosphere was electric, cementing the feeling of hope and looking forward to the new year. A huge thank you to everyone involved in organising such a joyous and meaningful afternoon!



Secondary Sports Day

On 24th October, it's was Rainbow International School Uganda Secondary Inter-House Sports day! It's was fun and energetic as the Four houses were trying to win the cup and to be crowned sports day 2025 champions! It started on 22nd October with the track and field events and was done well although some races had to be cancelled.



However, overall.. Impala were the winners of this sports day 2025! Congratulations to Impala for being the winners and congratulations to Kyoga for winning the spirit cup! Some records were broken from last year's sports day. Check them out:

200m - Isaiah Buteera - (25:50)

400m - Isaiah Buteera - (57:720)

800m - Michelle Mukiza - (3.25.07)

Long jump - Luck Andinda (5.53m)

Triple jump - Maria Rizzo (8.05m)



Our Primary Personal Learning Goal (PLG) of the month is...

Collaborator!



At Rainbow, our mission is to foster not just knowledgeable students, but also globally-minded citizens who are ready to make a positive impact on the world. A cornerstone of this mission, and a vital skill emphasized throughout our international primary curriculum, is **collaboration**.

What does it truly mean to be a collaborator in our classrooms and beyond? It's much more than just working in a group. Collaboration is about actively engaging with others, sharing ideas, listening with an open mind, and pooling our diverse strengths to achieve a common goal. It's a skill that empowers our students to navigate complex challenges, understand different perspectives, and build stronger communities.

You can see collaboration every day across Primary:

- **Inquiry-Based Learning:** Our younger students often work together in small groups to explore a new concept in their Unit of Inquiry. They might be designing a model of a local habitat, discussing findings from an experiment, or sharing their research on different cultures. This isn't just about dividing tasks; it's about actively constructing understanding together.
- **Project-Based Learning:** Older students frequently collaborate on longer-term projects, from creating presentations on global issues to developing solutions for real-world problems. They learn to delegate, compromise, offer constructive feedback, and celebrate each other's successes.
- **Creative Arts:** Whether it's a group art installation, a musical performance, or a dramatic play, our students learn to blend their individual talents to create something truly unique and powerful as a team.
- **Sports and Games:** Even on the playground or during PE lessons, children are constantly collaborating – working together to strategize in a game, cheer on teammates, and show good sportsmanship.

Parents can powerfully support collaboration at home by actively **modeling teamwork** and creating structured, shared tasks that require problem-solving together. Instead of simply dividing up chores, invite family collaboration by tackling a complex task—such as **cooking a new recipe** (where one person reads, one measures, and another mixes) or **building a large LEGO model or fort**—which necessitates communication, negotiation, and a shared goal. Furthermore, when your children encounter a problem (like a disagreement or an organizational challenge), encourage them to work together to **brainstorm and agree upon a solution**, ensuring they practice the vital skills of active listening, respectful disagreement, and compromise, thereby reinforcing the collaborative mindset they are developing in the international primary curriculum.



YEAR 13



OLW 2025

From September 16th to 19th, the Year 13 class travelled to Lakeside Escape Mukono for the OLW 2025. We left school in the morning and went to Kalanoga Resort where a boat was waiting to ferry us to Lakeside Escape. The ride lasted about 30 minutes, and was quite peaceful and enjoyable. We listened to music, played card games and took in the view and fresh air of Lake Victoria. During our stay at Lakeside Escape, we toured a local fishing village to learn about the role of fishing in the Ugandan economy, visited a local primary school where we donated scholastic materials, clothing and foodstuffs, and played with the children. We visited Lakeside Adventure Park and battled the rock climbing wall and faced our fears on the high ropes course. Quiz night, swimming and the movie night were some of my personal highlights with my classmates.

By Isabella 13AO



Our outdoor learning trip was packed with diverse and meaningful activities. We visited a fishing village to learn about local fishing methods and daily life, took a nature walk to explore the area's history and diverse vegetation, and spent half a day at a local school, interacting with students and donating supplies. Many other activities also filled our journey. They are so fun and so much that I couldn't list all of them. Beyond fun, the trip was highly rewarding. I gained knowledge, deepened friendships, got to know unfamiliar classmates better, and even made new friends. In all, it was an incredibly meaningful trip, and I am so grateful for every experience it brought. By Alice 13AO



YEAR 11 ART TRIP

Year 11 Art students had an inspiring experience during their visit to the Michelangelo College of Creative Arts and its Art Gallery on 2nd October. The trip offered a valuable opportunity to explore a wide range of artworks, including paintings, sculptures, ceramics, fashion design, and multimedia installations. All exhibits were research-based, closely reflecting the IGCSE Art syllabus. A key highlight was an engaging lecture by the gallery's curator, who explained the creative process from concept to completion. His emphasis on research, experimentation, and personal expression strongly resonated with students and deepened their understanding of what it means to be an artist.



Following this inspiring session, the students participated in hands-on studio practice. Under the guidance of experienced instructors, they had the chance to work with various materials including pencils, charcoal, oil pastels, and watercolour paints. Each student received one-on-one instruction, allowing for personalized feedback and skill development. The atmosphere in the studio was lively and enthusiastic, and it was clear that students were fully engaged and learning a great deal from the practical experience.



The visit to the Victoria Mall Art Gallery in Entebbe was a highlight of the tour, offering students a unique glimpse into the professional art world. They interacted with established artists, gaining insights into current art market trends and the journey to becoming a professional. A standout moment was meeting a Makerere University graduate who creates original fibre cloth artworks. His passion for creativity and cultural identity deeply inspired the students. The experience broadened their understanding of artistic techniques, processes, and career possibilities in the creative industry. Many described it as one of the most inspiring and educational moments of the tour.



Year 8 Outdoor Learning Week

As soon as we arrived at our accommodation, we were given a quick briefing and then headed on to get lunch which was a buffet. At around 3:13pm our nature walk had begun, we headed into the more forest based side of Mabira forest lodge and took a stroll that lasted for 25 minutes. It included sights of great trees that stretched far upwards and tips on how to use some plants in case of any trouble. Later on in the afternoon, we took a quick swim then went on to our designated rooms. We then made it back up to the food area and had an appetising dinner buffet before bonding by the campfire followed by a reasonable bedtime.



The next day, we started our morning quite early at 7:00am and got ready. An hour later we gathered in the dining area to have breakfast. We then had a brief moment to catch up with our thoughts and take some pictures then we got on the buses to go to Luziga sugar works. Before going into the factory, we received a quick safety talk and were given helmets to protect us. Inside the factory, we got to see the production of the sugar that people put in their tea every single day. We got a back story on how the factory was founded in October 1924; the business was passed down through generations and expanded over the years to more than 30,000 acres. After that, we were guided through the factory and saw the machines and the hot environment full of sugary fumes that the workers worked in.

At least 40 minutes later, we got out of the factory and started our journey back to Mabira for lunch. We had to move quickly because we had to go to archery. Once we arrived at Griffin falls camp, we were taken to a common room to talk about the rules and hazards of archery, then we got a chance to do archery.

Once we were done with archery, we then made it back to Mabira forest lodge and had dinner. Since we had a lot of time before bedtime, there was a talent show full of many things. The talent show was eventful, from dramatic singing to encouraging dances. A few minutes after the talent show ended, we watched a movie, then called it a night.

18th September - It's the next day and we start the day at 7:00am as usual. We kept the same routine and went to breakfast at 8:00am. We then get ready to go on the bus again to go to a local school. At the school, we were given a warm welcome by the students and were taught how to play a game. Time passed and we eventually had to leave. Back on the bus, this time heading back to Griffin falls, we arrived there and had packed lunch. It started to rain so we went to the common area to get started with zip lining and we got to know the hazards and the basic needs of zip lining. The zip lining process took more than 2 hours. 19th of September was the day that we had to end our trip and head back to Rainbow. We started our day at 6:30am, packed and got ready to leave. We had a quick breakfast then entered the buses saying our final goodbyes to Mabira forest.

It was an eventful trip with lots of memories, learning experiences and life lessons.

Karen Ssesanga



A Week to Breathe: ESL Half-Term Tales

My Half Term Holiday *By Johnson Halim*

Like a peaceful river flowing slowly, my half-term holiday stretched across 11 calm, quiet days. Surprisingly, I didn't travel anywhere — I stayed home, where each day felt like a soft blanket of comfort wrapped around me.

Early in the week, I had an exciting play date; we laughed like hyenas, played roblox all day and laughed like crazy by watching a person called: "Rico Edits". Later that evening, we ordered delicious, crispy KFC — the chicken was golden, juicy and delicious after I had a long nap after this amazing food.

On Sunday after church, my dad helped me with my studies for an upcoming test. Then I also learned something new during the Holiday: "Facing the truth is going to help you grow." Thereafter, I listened to music with my family.

Although I stayed home, each day was full of warmth, adventure, and quiet joy! This journey has come to an end but in the end it was all worth it.

My half term holiday

Holidays always make people happy, and they always make me feel that there are many small beauties in the world.

On my first day of vacation, I stayed at home and slept for a long time. I woke up to the beautiful singing of birds. When I opened my eyes I saw a beam of sunlight shining on my quilt, like a layer of golden yarn. After getting out of bed, I went to play with my kitten for a while. After having fun with my little buddy, I went to have breakfast. The breakfast that my mother makes is always delicious and I could smell it from far away. After breakfast, I checked my homework and found nothing, but I still reviewed science seriously for an hour. After my study, I went to play downstairs in the community. The warm sunshine shone on my body, giving me a warm feeling, which made me feel very comfortable. Then I walked around happily, and at this moment, I noticed a giant African snail, which was crawling slowly on the tree. I found it interesting. Then I went home, had dinner, played some games, and then went to sleep.

In the next few days, I lived my life as usual. I also played golf with my sister and went swimming.

All in all, the holiday was wonderful and I had a very happy time.

Kitty 9NO

My Half Term Holiday

My half term holiday was from the 9th to the 19th of October. We had so much fun during the break. Most of the time, we were playing dozens of games, both indoors and outdoors. We played video games, board games, and even made up our own games just for fun. We also went swimming, which was one of the best parts of the holiday. The pool was a bit cold at first, but once we got there for several minutes, we didn't want to get out. We went for races, splashed water around my aunt's house and enjoyed our break.

During the break, we also went to a party. There was loud music, snacks, and lots of dancing. It felt great to be surrounded by friends and laughter. We met up with some of our friends and we went shopping. The whole holiday felt like a part of summer. I really enjoyed it..

By: Finan Ezra

Antivenom

The antidote to venoms

The world's most poisonous snake can kill even an elephant, but there is one animal that survives, the horse!

Did you know? No matter how deadly a snake is, even the fearsome king cobra, a horse doesn't die from its bite. After the bite, the horse may become mildly ill for about three days, but then recover completely, as if nothing had happened.

This is one of nature's most incredible wonders, and hidden within this very creature lies a secret that can save human lives: the *antivenom*.

But how is this antivenom made?

First, the venom is collected from the snakes. A small amount is then injected into the horse. The horse's immune system responds and produces antibodies to neutralise the venom. After 2-3 days, these antibodies are present in the horse's blood.

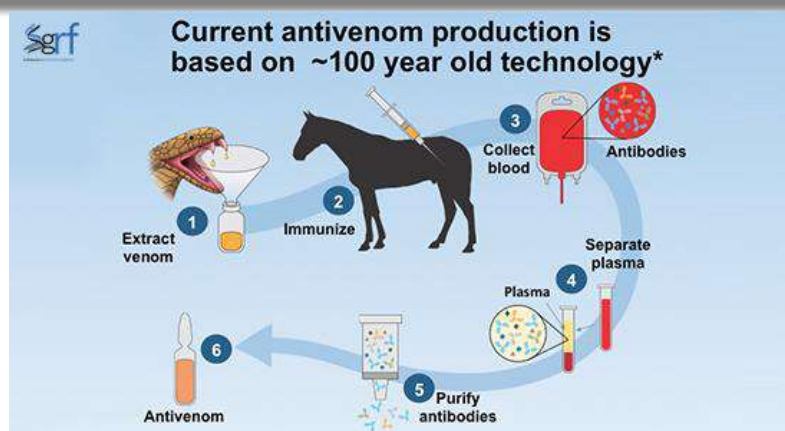
Blood is then drawn from the horse and the red blood cells (RBCs) are removed. The plasma (the white part) is processed to create antivenom. This antivenom is then injected into people who have been bitten by poisonous snakes to save their lives.

In India alone, there are numerous antivenom manufacturing facilities where hundreds of horses are cared for to produce this life-saving serum.

Think about it, thanks to this gentle creature, we are protected from some of the deadliest poisons on earth.

Without *horses*, many lives would be lost from snake bites.

By Mr Wasukira.



ENERGY-A PRECIOUS RESOURCE

On a cold chilly evening, you might want to prepare a cup of coffee, or warm yourself by the fireplace if circumstances allow. The resulting comfort is owed to something that we so often take for granted-Energy.

IMPORTANCE OF ENERGY IN OUR LIVES

We depend on energy to do so many things, such as; Heat and cool our homes or working spaces, fuel our vehicles, cook our food, clean up, and accomplish a mountain of other tasks. Yes, energy runs every aspect of our lives and is the driving force in the industrial, educational, commercial, health and other sectors.

The energy from the sun is said to take approximately 8 minutes to reach our planet, resulting into a cascade of effects, many of which are very familiar and contribute to our happiness and sustenance. These encompass those as mesmerizing as the beauty of a glowing sunset- caused by the refraction of light by the atmosphere, the phenomenon that explains why the sky is blue, the breathtaking Aurora Borealis in the Northern hemisphere and the process of photosynthesis through which the food that we eat is packed with life-sustaining energy by nature's own powerhouses in green plants before it ends up on our tables, at a grocery store, in the market or supermarket.



HOW CAN WE CONSERVE ENERGY?

Through personal reflection and a resolute determination to adjust our modus operandi, we can to a reasonable degree, show more responsible, considerate and wise use of the energy resource, as shown in these three key areas, namely;

- 1..Our home/working space
- 2.Transportation
- 3.Daily activities

Our home/working space

- Use heating and cooling equipment conservatively
- Wear a sweater rather than turn on that furnace
- Keep windows and doors closed when heating or cooling your home. This prevents heated or cooled air from escaping, and reduces energy requirements.
- Install better insulation and energy-efficient windows
- Switch to more energy efficient lighting such as of electric bulbs

Transportation

- ❖ Use public transport means if possible. Automobiles consume at least 3 times more energy per passenger than buses and short-distance trains.
- ❖ Organize your trips-Plan ahead to trim the number of trips you need to make. This also helps to reduce your carbon footprint, level of energy consumption and also saves time and money
- ❖ Try setting a monthly fuel allowance for your car

Daily activities

- Reduce the amount of hot water you use to cut down on energy consumption, if possible, for example by taking fewer hot baths.
- Turn off lights, appliances and other electronic devices when not in use.
- Unplug appliances from the power source when not in use because even when in standby mode they may still consume energy, even subtly.

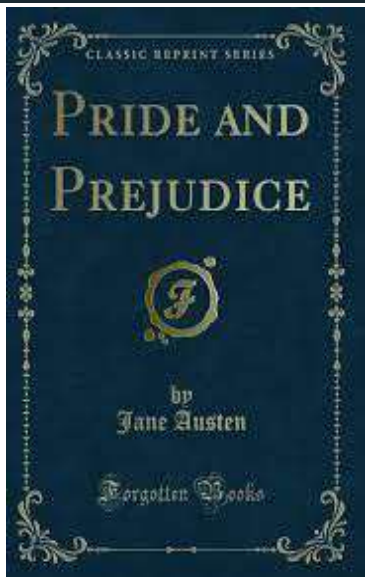
Choose to use energy wisely, save money and protect the environment.

AFRICAN SAFARI GOLDEN SUNSET CONTRIBUTIONS OF SCIENTIFIC ENDEAVOURS

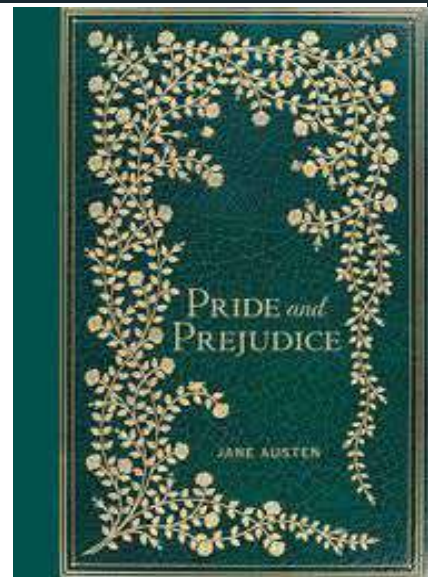
Thanks to the enormous efforts in research and development, many countries in Europe, Asia and the Americas have, by leaps and bounds, achieved remarkable feats of engineering, successfully harnessing energy from nuclear, geothermal, hydro, wind and other sources. This has made energy more accessible to huge swaths of the planet's population, thereby setting the foundation for other novel ideas and concepts, fueled by innovation and ingenuity from minds whose untapped talents, potential and brilliance were only waiting for a keg to ignite and manifest as it were. Examples that are testimony to this are the electric motorbikes that have revolutionized the transport sector, as well as charging stations for electronic devices, in particular mobile phones-used in remote places in rural areas in Africa.

Nonetheless, concerns persist about environmental sustainability and inadequate supply due to factors such as; Power outages/interruptions, rising costs of fuel, and pollution-not to mention the ambitions to establish dominance by the powers that be, which limits international cooperation and only exacerbates the problem.





PRIDE AND PREJUDICE



Pride and Prejudice by Jane Austen is a classic story about family, friendship, and learning not to judge people too quickly. The story follows Elizabeth Bennet, a clever and confident young woman who lives with her parents and four sisters. Her mother is eager for all her daughters to marry well so the family can have a secure future, but Elizabeth wants to make her own choices and be respected for her mind and character.

When two wealthy gentlemen, Mr. Bingley and Mr. Darcy, arrive in the neighborhood, everyone's lives begin to change. Mr. Bingley is cheerful and kind, while Mr. Darcy seems proud and distant. Elizabeth dislikes Mr. Darcy at first because of his attitude, but as time passes, she learns that he is actually thoughtful and generous. Mr. Darcy, in turn, realizes that Elizabeth is honest, strong, and fair-minded. Both of them learn valuable lessons about judging others too quickly and about the importance of understanding and respect.

The book teaches readers that first impressions can be wrong and that people often have more depth than they seem to at first. It also shows how kindness, patience, and humility can bring people together. Although the language is old-fashioned, the story remains lively and full of wit. Elizabeth Bennet stands out as a smart and independent character who stays true to her values.

Overall, *Pride and Prejudice* is an enjoyable and meaningful story about growth, respect, and learning from mistakes. It encourages readers to look beyond appearances and to value people for their true character.

QUIZ ON SPORTS DAY

1. Which athlete holds the record for the most Olympic gold medals won by a member of Team GB?

- A. Sir Chris Hoy (Cycling)
- B. Sir Steve Redgrave (Rowing)
- C. Sir Jason Kenny (Cycling)
- D. Dame Laura Kenny (Cycling)

2. Jessica Ennis-Hill is most famous for winning a gold medal in which athletic event at the London 2012 Olympics?

- A. 100-meter Hurdles
- B. Long Jump
- C. Heptathlon
- D. Decathlon

3. In which sport is the annual 'Boat Race' traditionally held between the universities of Oxford and Cambridge?

- A. Sailing
- B. Canoe Sprint
- C. Swimming
- D. Rowing

4: Football (The FA Cup)

Which team won the 2024 Men's FA Cup Final at Wembley Stadium?

- A. Manchester City
- B. Chelsea
- C. Arsenal
- D. Manchester United

5: Tennis (Wimbledon)

In what year did Andy Murray first win the Gentlemen's Singles title at Wimbledon, ending a 77-year wait for a British male champion?

- A. 2011
- B. 2012
- C. 2013
- D. 2016

6: Athletics

Who is the British long-distance runner and multiple Olympic gold medalist famous for the "Mobot" celebration?

- A. Roger Bannister
- B. Steve Ovett
- C. Mo Farah
- D. Seb Coe

By Rosalba Pasqualato

Prices of Stationery- Sold at Uniform Shop



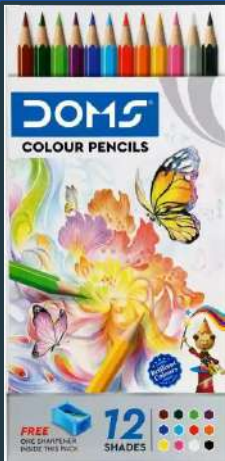
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Big



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