



INGOMA



The Weekly Rainbow Newsletter

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Journalism Club

This is the new enrichment club that has taken over the production of **INGOMA**, the School Newsletter. With your support, we hope to return it to a weekly newsletter that it once was. Let the drum beat!



Inside this edition:

- Outstanding exam results
- Another successful Outdoor Learning Week
- Annual Careers Fair
- Early Years Foundation Stage
- Quote for the week
- Health tips

Cambridge Exam Results 2026

We are happy to report that our 2026 candidates excelled in their exams at all levels. Year 9 students performed exceptionally well in the Checkpoint exams and are now pursuing their IGCSE courses. AS Level students are now deep into their A2 courses. Most of our A Level and BTEC graduates have joined various universities in different parts of the world. Congratulations to all our candidates and the Exams Officer for the smooth running of the exams.



Community Updates

A New Beginning

At the start of this academic year, Rainbow welcomed new members of staff and students. The Secondary School welcomed a new Head of School, Ms Kimberley Barber who took over the reins of leading the Secondary school from the retired Mrs Elisabeth Bisasso. We hope to get an interview with her once she settles in. But of course, the major development was the change of ownership of the school, with the departure of the previous owners represented by Mrs Drashna Kotecha. We are hoping that the new owners will move Rainbow to the next level. We at the Editorial Desk take this opportunity to thank Mrs Kotecha for her long service to the school and wish her well in her new venture.

Welcoming Our Youngest Learners to EYFS

The start of a new academic year brings a sense of wonder and fresh energy to our school. This term, we are delighted to celebrate our Early Years Foundation Stage (EYFS) children, who have stepped into their learning journey with inspiration, enthusiasm, curiosity, and warmth.



Outdoor Learning Week - Year 11 Field Trip to Fort Portal

By Emmanuella Kimera



Staff: Mrs S Asimwe - Team Leader
Mr G Zake, Mr A Luwagga & Mr G Mohammad



Highlights

- A visit to Mubuku Irrigation Scheme.
- A visit to Bunjojo Primary School where we donated a gate and played volleyball with our fellow students.
- A tour of the Kiwa Hot Spring.
- A drive through Kibale National Park.
- A view of the Tooro Kingdom.
- A view of River Nyamwamba.



The Year 11 outdoor learning trip to Fort Portal was an unforgettable experience filled with adventure, learning and plenty of laughter. Over three exciting days, we explored beautiful places, learnt about the local environment and culture, and had the opportunity to meet and interact with different people in the community.



Outdoor Learning Week - Year 7 Field Trip to Jinja

By Anais Mbabazi and Amariah Ewadu



Our Outdoor Learning Trip was to Nile River Camp in Jinja. The theme was ***“Learning beyond the classroom”***, and we stayed at the beautiful Nile River Camp where we did lots of fun and engaging activities.

Staff: Mr M Mugisha – Team Leader
Ms C Onegi



Highlights

- Visits to crop and animal rearing farms.
- A visit to The Masters Primary School where we donated foodstuff and stationery and painted their old tyres.
- A presentation on the rich history of the Busoga Kingdom.
- A great view of the Nile River.



Outdoor Learning Week - Year 8 Field Trip to Mabira Forest

By Jayden Sebalu



Outdoor Learning Week was a three-day adventure filled with farm life, forest exploration, community service, and football. We travelled from Bushbaby Lodge in Mukono to Mabira Forest Lodge and Wasswa Village. We started at Bushbaby Lodge, where we explored the farm, learned how to milk cows, and discovered the important job of the donkeys. We then hiked through the forest, passing creeks and learning about how trees can store and share nutrients through their roots. After the hike, we headed to Mabira Forest Lodge for the night.

Upcoming Events

OCT
8

Independence Day Assembly

OCT
9

Mid-term break

Staff: Mrs R Kutosi - Team Leader
Mr H Ssagala
Mr J Sembera



Highlights

- Forest exploration and learning about farming.
- A visit to Wasswa Village Primary School where we donated a foodstuff and stationery.
- A football match with the school kids where we lost 3 - 1.
- A stopover at KFC Mukono on our way back.

Early Years Foundation Stage (EYFS)

Exploring Our Purposeful Spaces

In Early Years, play is the vehicle through which deep learning occurs. Our indoor and outdoor learning environments are thoughtfully designed with interactive play corners that ignite imagination and foster key developmental skills:

- The Construction & Building Zone: Where future engineers and architects collaborate, solve problems, and develop spatial awareness through block play.
- The Creative & Mark-Making Area: A vibrant hub where fine motor skills are refined as children express their ideas through painting, drawing, and sensory materials.
- The Role-Play Corner: An imaginative space where young minds act out real-world scenarios, building language, empathy, and social cooperation.
- The Outdoor Discovery Area: Encouraging physical coordination, risk-taking, and active exploration of the natural world.

Through these hands-on spaces, children do not merely play—they investigate, question, reason, and discover.

By S Mudondo
Admin Assistant
Rainbow Bugolobi



Quote for the week

"Will you look back on life and say, 'I wish I had,' or 'I'm glad I did'?"

~ Zig Ziglar

In the next issue

1. ISSAK Athletics Meet
2. More OLW stories



24th ANNUAL RAINBOW CAREERS FAIR 2026

Venue: Four Points By Sheraton

By Prapti Bruhad

This year our Annual Careers Fair was held at Four Points by Sheraton. We welcomed representatives from a range of renowned universities, including the University of Edinburgh, the University of Leeds, Royal Holloway, Keele University, and many others. Our senior students, along with students from several other schools in Kampala, had the opportunity to explore a wide variety of higher education options, speak directly with university representatives, and gain valuable insights into courses, scholarships, campus life, and future career pathways. The day concluded with a Networking Dinner at the Sheraton Hotel, themed *'The Art of Networking'*, where guests were encouraged to showcase their culture through creative traditional attires. The evening brought together university representatives, members of staff, and student leaders in a relaxed and vibrant setting designed to foster meaningful connections. Filled with cultural celebration, laughter, and inspiring discussions, the dinner provided a memorable finale to a day dedicated to learning, opportunity, and building connections.



Health Tips for You

Daily Wellness Habits

Hydrate early: Drink a glass of water first thing in the morning to boost digestion, energy, and skin health.

Stretch in the morning: Gentle stretching improves circulation and sets a positive tone for the day.

Move your body: Aim for daily movement - walking, yoga, or simple stretches. Tracking steps (e.g., toward 10 000/day) helps maintain consistency.

Prioritize sleep hygiene: Maintain a regular sleep schedule and avoid screens before bed to support immunity, mood, and cognition.

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