



INGOMA



The Weekly Newsletter

+256(0)393 266 696

www.risu.sc.ug

@rainbowkampala



Happy Birthday Mr Jones

What better way to celebrate our Principal's birthday than by sitting down for a chat with him? Just before half-term, the student leadership team had the opportunity to do just that. We spoke about his journey, his experiences as an educator, and what makes Rainbow so special to him. It was a relaxed and enjoyable conversation that gave us a chance to see a different side of the person who leads our school every day. One of the most memorable stories he shared was about his time as a PE teacher in Argentina. He spoke about the strong relationships he built with his students and how those friendships have lasted for years. In fact, many of those students—now in their fifties—recently invited him to a reunion dinner! It was a reminder that teaching is about much more than lessons; it's about making a lasting impact. We can definitely see that same approach here at Rainbow, where he is always approachable, enjoys talking with students, brings energy to assemblies, and is always open to new ideas.

Inside this week's issue:

- Happy Birthday Mr Jones
- Trees, Our Silent Superheroes!
- Outdoor Learning Week
- Quote for the Week
- Health Tips for You

Health Tips for You



Source: Thrivology

Happy Birthday Mr Jones



During our conversation, he also spoke about what he loves most about Rainbow. He described the school as “holistic,” detailing that while Rainbow is known for its excellent academic results, students also leave with so much more. Whether it’s through sports, clubs, leadership opportunities, music, or the arts, every student has the chance to discover their strengths and passions. Now in his seventh year as Principal, he reflected on how much the school has grown and shared how much he enjoys living in Uganda and being part of the Rainbow community.

Of course, we couldn’t end without asking about his birthday! He detailed to us how he had no idea a surprise was being planned behind the scenes. While he was catching up with the Boarding House, as part of the plan to divert him, members of staff were secretly preparing a celebration in the staff room. On his return, he walked in to find everyone waiting for him with music, smiles and a celebration for him. It was a moment he said brought tears to his eyes. It was a touching reminder of the strong sense of community at Rainbow and of how much our Principal means to both staff and students.

On behalf of the student body, **Happy Birthday** once again Mr Jones, and thank you for sharing your stories and memories with us!

By Rainbow Student Leadership Team (2026 - 2027)



Year 10 OLW Trip to Great Outdoors, Kalanamu



By Amy Mpanga

Our OLW trip to The Great Outdoors in Kalanamu was definitely the most fun filled and best bonding experience we have ever had together. Our journey was full of big smiles, music on the bus, and excitement for the three days ahead. We left school at around 8:30am and headed towards Luwero District. Our first stop was Peace Transitional Home, an orphanage that takes in and cares for abandoned babies and young children from just one day old up to five years old. The home runs completely on donations from generous well-wishers to care for all the little ones. We helped clean the floor mats and washed the children's shoes. Before leaving, we donated supplies like rice, sugar, flour, milk, toilet paper, soap and lollipops. The management and children were lit with smiles, their hearts filled with gratitude.



Highlights

- Playing on swings, trampoline jumping and trying out spinning ride.
- A visit to Busiika Extreme Adventure Park.
- Barbecue dinner where we roasted marshmallows, played charades, and laughed the night away.
- Team-building activities to help us know each other better and appreciate our friendships.

**Staff: Mr D Oboth - Team Leader
Mr JP Mugabi & Miss C Afim**



Year 9 OLW Trip to Kaynela Farms

By Karen Ssesanga



Our Year 9 OLW trip took us to Kaynela Farms in Kayunga. We set off from school at 8am. The bus ride lasted for an excruciating four and a half hours! But in the end it was all worth it because the Kaynela left us amazed. Gorgeous greenery everywhere you turn, flowers blooming on every bush and vine, and a beautiful large pool to swim in are some of the things that made us fall for the place.

Upon arrival, we were greeted with banana juice freshly made from the farm which was a new experience for most. A quick briefing was given alongside a welcome from the employees.

After that, the class took a quick peek at the tents then headed to lunch. Lunch was a beautiful farm-to-table meal that consisted of a variety of foods, fruits and the cutlery was non plastic.



We were given umbrellas by Kaynela Farm to protect us from the scorching sun as we walked to a local school by the name Buwaala Church of Uganda Primary School where the headteacher gave us a warm welcome. We chatted with our fellow students about school life before giving a donation of sanitary pads, bar soaps, clothes, and books among other things. We concluded the visit by playing basketball, football and tennis with our colleagues.



Staff:

Mr D Kasule - Team Leader

Mrs J Mudondo

Mr R Egessa

Highlights:

- Bird watching, horse-riding, camel-riding and cycling
- Tour of the farm
- Looking for fish!
- Visit to the Culture House



Trees, Our Silent Superheroes! By The Environment Committee



Members of The Environment Committee 2026:

1. Mrs S Mugwiza - Chairperson
2. Ms T Kalinda
3. Mr G Zake
4. Mr H Ssagala
5. Mrs S Chikaserot
6. Mr P Ngona



Take a deep breath. Exhale. Now, who do you have to thank for that fresh hit of oxygen? Trees!

Silently reaching up towards the skies, the green giants of nature are our life-saving superheroes. Trees are hard at work every minute of the day, keeping our planet alive, cleaning the air whilst also providing shade, fruit, medicines, oxygen and hosting wildlife amongst their branches and barks.

The Environment Committee of Rainbow School wanted to celebrate the diversity of trees we have in our school grounds to highlight their importance. You may have noticed placards popping up around school recently which we hope will do this. Each placard tells you the common name of the tree, its scientific name and some of its common uses. You may be interested to learn that some provide food for birds or hard wood to make canoes and many have medicinal properties.

So if you fancy finding out more then take a stroll and see which trees you can spot that boast new placards. The Environment Committee hopes pupils, staff and visitors alike will appreciate learning more about the wonderful variety of trees we have in our grounds and take even more pride in our beautiful environment.

A big thanks to **Mr F Mugerwa** for putting up the signs.

By The Environment Committee



Quote for the week

"Trees are poems that the Earth writes upon the sky."

~Kahlil Gibran

Upcoming Events

28th October 8:00am to 4:00pm
PTC for Years 8, 9, 11 & 13

