



INGOMA



The Weekly Newsletter

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From Head of Primary

Welcome to the first Ingoma article from Primary. I am sure you all know me, but just in case you don't, I'm Richard Mottram, the Head of Primary School. Over the coming months you will see a variety of articles from the primary section with subjects ranging from PE, the arts, science, Diwali and the curriculum.

My first article always recaps on last year's achievements, introduces new staff members and lets you know the focus for the coming academic year. Last year we focused on the link between English and other subjects. This was to give writing a purpose. If the children realise why they are writing something (not just to please the teacher) they generally do better at it. For example, a child writing a letter will be less interested in writing than a child writing a letter to Mr Jones to ask if we can hold a bake sale. Our writing results across primary are very strong, with our Year 6 Cambridge Checkpoint results having a 100% pass rate and 63% scoring in the high or outstanding category.

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Health Tips for You

- **Eat whole, nutrient-dense foods.** Focus on colorful vegetables, lean proteins, healthy fats, and complex carbs.
- **Make half your plate vegetables.** This increases fiber, vitamins, and fullness.
- **Limit sugary drinks.** This reduces risk of heart disease and type 2 diabetes. Healthier alternatives include water, unsweetened tea, and coffee.
- **Avoid ultra-processed foods.** These contribute to obesity, diabetes, and chronic disease.
- **Snack on nuts and seeds.** These provide protein, fiber, and healthy fats.

Sources: lovelifebenefit.com
fourwellness.co & healthyusa.us

From Head of Primary Continues



Another focus was a change in our assessment and reporting cycle. Feedback has been good with parents liking the opportunity to meet the teachers regarding their child's report. Finally, we introduced Tapestry to early years to allow parents to see what is happening in school (it is also used to assess children). As for new teachers, there's not too much change. Miss Rose Kiza, who left RISU in 2024 and has now rejoined us at Bugolobi as a Year 1 teacher. We also have Miss Babra as a teaching assistant in Reception class, and Miss Rachel MacPherson joining as whole school Special Educational Needs Co-ordinator (SENCO).

So now onto the coming year. With new owners we are hoping for some investment, including in network connectivity, site refresh and whole school spaces (hands-up who would like an auditorium!). I will steer away from these and focus on topics from the primary development plan. As this is my fourth year at RISU we continue to embed previous changes and focus on marginal gains rather than structural change. One of the larger changes is the science room that was converted from the French room over the July holiday. Science is part of our International Primary Curriculum and was a focus last year and continues to be a focus this year. Art and design was a focus two years ago and I hope you will see at the upcoming art exhibition how far we have come. Our children do not just copy art, they learn to create and express themselves using art. We hope this becomes a bi-yearly event within primary. One year science fair, the following art exhibition. For the teaching team we started some action research projects last year and will continue to do so this year. We are lucky at RISU in having such a skilled and dedicated staff team. We already offer a lot of continuous professional development (CPD), and action research is the next step.

Before I sign off, just a reminder that the leadership team operates an open door policy. If you want to talk and we are available, we'll endeavour to see you. I think it is hugely important to listen to the ideas and concerns of the school community; without your input opportunities may be missed.

By Mr Richard Mottram



Year 12 OLW Trip to Extreme Adventure Park



My OLW Experience

By Matice Wole

This year's Outdoor Learning Week was honestly one of the best experiences I have had this year. We left on Wednesday 16th September and from the moment we arrived, there were so many activities.

On the first day, we started with target shooting. It was really fun and gave us the chance to experience what it was like to hold and use a gun in a controlled activity. It was definitely harder than I expected! After that, we did teambuilding activities, including getting into our birthday order. It was a fun way to communicate and get to know our classmates better. Later, the boys played basketball while the girls played Uno, which was a nice way to relax. That night, we watched a movie.

The second day was very touching because we visited St. Lilian's Home for the Disabled. We got to meet the children and adults living there and learned about their lives and the work the caregivers did. We also donated to the home, which made the experience even more special. When we returned, we did the high ropes, which was really challenging, I stopped at level one! Even though it was difficult, it was still really fun. We also did quad biking.



We then did paintball, which was probably one of the most exciting activities. After everything, we settled down for dinner by the pool. The food was really nice. We ate, danced and celebrated Amie's birthday with cake.

On the last day, there were activities such as gokarting, virtual car racing, and archery. The journey back was definitely more tiring because everyone was exhausted, but it was still nice to talk about everything we had done.

Overall, Outdoor Learning Week was an amazing experience. I got to try new things, challenge myself, spend time with my classmates and make memories that I will definitely remember. The activities, food, the teachers, accommodation and the people all made the trip really special.

**Staff: Ms J Laber - Team Leader
Mr I Musisi & Mr K Musau**

Year 13 OLW Trip to Lakeside Escape By Beata Kirumira



Three days, countless memories!

If there is one thing our Lakeside trip proved, it is that Year 13 students can turn almost anything into an adventure. What began as a three-day school trip quickly became a combination of history lessons, extreme obstacle courses, community service, competitive sports, unexpected weather, birthday surprises and enough boat rides to make us question whether we had secretly joined a boating club. And somehow, we survived! The adventure began with a short 10-minute bus ride to Kalanoga, where a boat was waiting to take us to Lakeside Escape. Before anyone could enjoy the scenery, however, there was the small matter of getting everyone's luggage and eventually everyone themselves onto the boat. With a surprising amount of teamwork, we managed to load everything and set off.



The journey across the lake was far from ordinary. We were given an educational tour of the surrounding islands, learning about the history of the newly established Ruparelia family's Paradise Island, which was formerly associated with the late Rajiv Ruparelia. We also learnt about the island's darker history during Idi Amin's regime and its former name, Mukusu Island, including accounts of the torture that took place there. Then came Python Island. Yes, an island named after a python. We learnt about the large python that inhabits the island and about traditional beliefs connected to it, including stories of offerings being made in the hope of receiving blessings such as greater fishing success or wealth.

Highlights:

Day 1 - We visited Adventure Park where our courage and perhaps our common sense, were put to the test.

Day 2 - We visited the local fish market in Bulebi Sub-county where we got an insight into the economics of the fishing industry. Next, we visited a local high performing Primary school. We donated books to the pupils including stationery to the P7 candidates. Some members of our year group even offered to sponsor individual pupils' education. We played games with the pupils and it was fun.

Day 3 - After two days of activities, most were exhausted. Before departure, the Head Boy and Head Girl thanked Captain John, Mr Stephen and the entire crew for their hospitality throughout the trip.

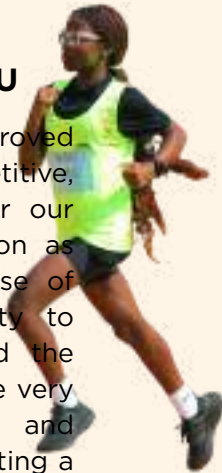
**Staff: Ms E Walugembe - Team Leader
Mrs E Wakiro & Mr C Kalanzi**



SPORTS

2026 ISAAK Athletics Meet @ISU

The ISAAK Athletics Championship proved to be an exhilarating, fiercely competitive, and truly unforgettable milestone for our school team. Entering the competition as runners-up, we carried a strong sense of pride alongside a clear responsibility to perform with distinction and uphold the values our school represents. From the very beginning, a remarkable energy and determination defined our squad, creating a focused yet positive atmosphere among all athletes. Midway through the championship, heavy rainfall disrupted the schedule. Conditions worsened significantly, making it unsafe to continue, and the competition concluded earlier than planned. Following the completion of 116 out of 126 events, our team was placed **second overall**. While the interruption was disappointing, the experience taught us that true success extends well beyond trophies, rankings, or final scores. Athletics cultivates resilience, discipline, adaptability, and enduring friendship.



Special recognition goes to our coaches and teachers, whose dedication made our participation possible. Coach Robert, while firm in his approach, consistently guided us toward improvement. His expert advice on technique, positioning, pacing, and mental preparation proved invaluable, and his high expectations reflected a sincere desire for every athlete to reach their full potential. Finally, we celebrate the outstanding achievements of our athletes: those who successfully defended their titles and those who emerged as new champions. Congratulations to you all!

By Cathy Ssali & Matthias Mbazzi
Photos by: Dylan Mukasa & **Add. Reporting by:** Yahvi Halai



Quote for the week

Like what you do, then you will do your best.
 ~Katherine Johnson