dream, believe, achieve

November 2026 Issue #005

INGOMA

The Weekly Newsletter

+256(0)393 266 696 www.risu.sc.ug @rainbowkampala



Ssese Reigns Supreme at Annual Sports Day 2026

Vibrancy, passion, and fierce athletic competition filled the air on Friday, October 23, 2026, as Rainbow International School hosted her highly anticipated Annual Sports Day. Students, staff, and parents gathered in high spirits to cheer on the four competing house teams: Rwenzori, Impala, Ssese, and Kyoga. Across track and field events, competitors pushed their limits, displaying outstanding athleticism and determination.

After a day of exhilarating races and close finishes, Ssese House with 1190 points crowned their relentless performance by emerging as the overall champions of Sports Day 2026. Impala House put up a formidable effort to secure second place with 1146 points, while Rwenzori House earned a hard-fought third place with 1114 points. Rounding off the leaderboard in fourth place was Kyoga House with 866 points.

Inside this issue:

- 2026 Annual Sports Day
- 2026 Annual Sports Day Pics
- Health Tips for You
- Secondary School Library
- Quote for the Week

Health Tips for You

Top 5 Healthy Fruits in Kampala

1. **Avocado:** Packed with heart-healthy monounsaturated fats, dietary fiber, and over 30 essential nutrients like potassium, vitamin E, and vitamin K. It helps in cholesterol management.
2. **Guava:** An exceptional local Vitamin C powerhouse containing significantly more Vitamin C than oranges and loaded with dietary fiber and antioxidants that aid blood sugar control and immune health.

Continues next week

Sources: Daily Monitor & Viva! Uganda

Ssese Reigns Supreme at Annual Sports Day 2026



Although Kyoga missed out on the top podium spots, their energy and unwavering support from the sidelines did not go unnoticed. For their continuous encouragement, sportsmanship, and high morale throughout the day, Kyoga House was proudly awarded the coveted Spirit Award.

The event concluded with an award presentation celebrating the hard work, camaraderie, and team unity displayed by all four houses. Congratulations to **Ssese House** on their victory, and to every athlete, members of the PE department and staff who made Sports Day 2026 a resounding success! **- By INGOMA Press Corps**



















Annual Sports Day 2026 in Pictures





















COBIS Primary School Poetry Competition 2026



I am A wall

I am a wall. I speak.
FINALLY!
I have a story to tell.

I watched her move in.
I've watched her all my days,
like a hawk you may say.

I have seen her cry.
I have heard her lie;
to her self of course.

I have seen her struggle.
I wish I could have helped her,
but no.

I am a wall.

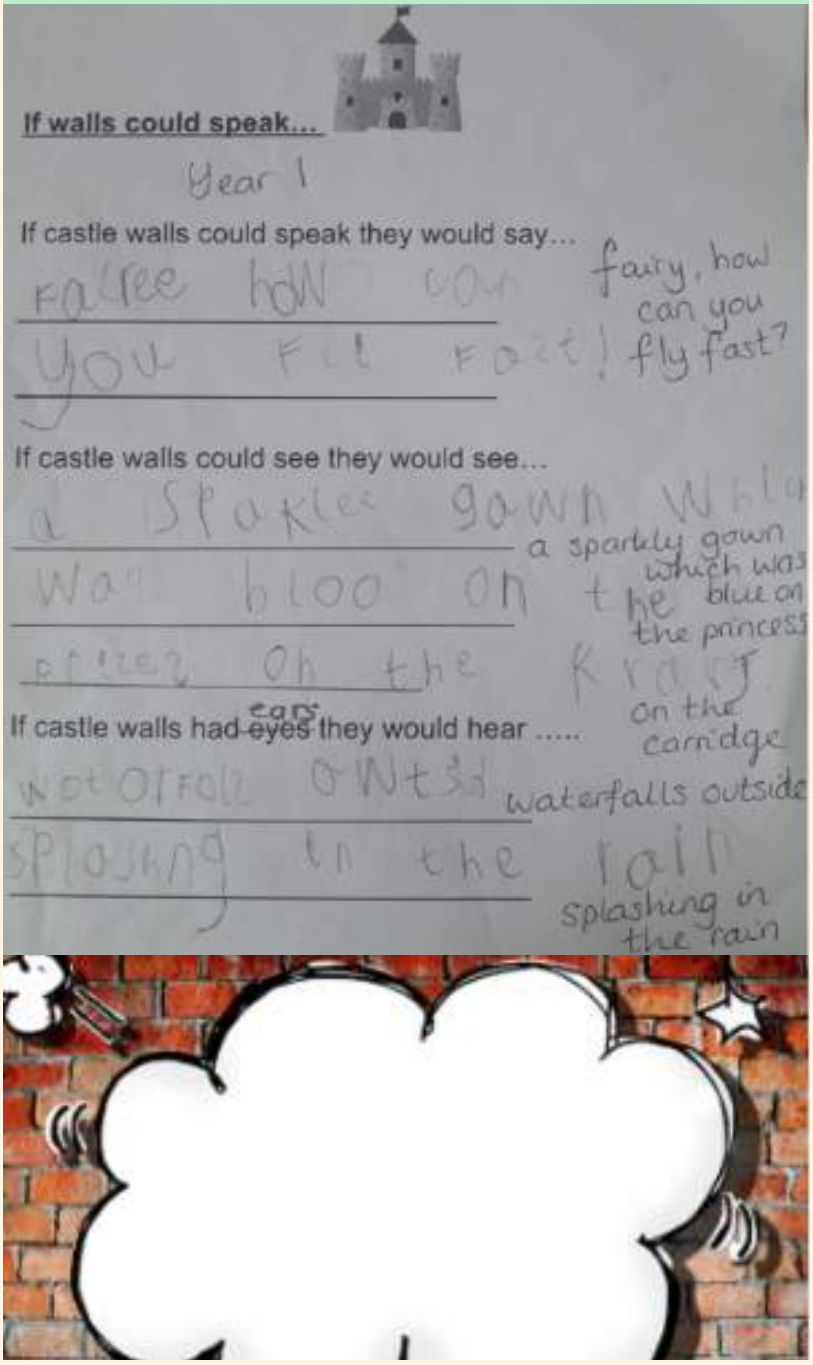
I was her best friend.
I kept her secrets the best.
I was better than the rest.

Now she is gone.
I am alone.
I wish I went with her.
but no.

I am a wall.

Year 6

Children from Year 1 up to Year 6 worked hard on their poetry entries for 2026 COBIS competition. The theme was **"If Walls Could Speak"**



By Ms Clare Bakashaba

From Editorial Team, INGOMA

Celebrating Creative Excellence: 2026 COBIS Poetry Competition

A massive congratulations to our talented Primary pupils who represented Rainbow International School in the 2026 COBIS Poetry Competition! Putting thoughts into verse takes imagination, courage, and creativity, and our young poets rose to the challenge brilliantly. Their entries showcased a wonderful depth of expression and original thinking.

We would also like to extend our heartfelt gratitude to their teachers whose guidance, encouragement, and dedication helped bring out the best in them.

To all our participating pupils: keep sharing your unique voices and inspiring us with your powerful words. We are exceptionally proud of you all!

WINNERS:
1SM: Ailsa
3DG: Ava
3DJ: Karis
4SM: Elsie
4JN: Aubree
Y5: Zaake
6SK: Samuela
6CB: Juliana

Secondary School Library

Story by Salome Fahari

A Chat with Ms Juliet Akong'o, our new Librarian



Meet Ms Juliet, our new secondary school librarian. She is a very kind, sociable and approachable person. She says Rainbow is an interesting school with friendly students and staff which has made her feel very welcome. Her most memorable moment so far is the celebration marking 64 years since Uganda attained her independence. The celebration was very colourful and vibrant. She was particularly very impressed with the showcases of the different cultures in Uganda.

Miss Juliet is most excited when she sees students reading in the library, because she believes children usually develop a love for books at this stage. She recalls in her childhood, reading different books bought for her by her mother and this created in her a love for books which explains why she ended up as a Librarian. Despite her background of Physics, Mathematics, and Economics she realised that being a librarian would be more fulfilling for her. Her favorite book is, "Woman of Substance" by Barber Taylor. Other favorites are the kind which involve detectives. Sherlock Holmes is her favorite detective book series. Right now, she is thinking of writing a book! If you too are thinking of writing a book, she is one of the best people to talk to.





Books

Bound in paper, stitched with thread,
Worlds awaken while we read.
Ink on pages, quiet grace,
Time and distance melt away.

A gentle doorway in your hand,
To every age and distant land.

Quote for the week

"A library is a good place to go when you feel unhappy, for there, in a book, you may find encouragement and comfort." ~ E.B. White.

Upcoming Events

9th to 13th November 2026
Science Week

INGOMA The Weekly Newsletter is published by The Journalism Club - email us at voxveritas@risu.sc.ug