dream, believe, achieve

October 2026 Issue #004

# INGOMA

# The Weekly Newsletter

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## A Tapestry of Black, Yellow and Red

## Celebrating Uganda @64!

On Thursday October 8th, our school grounds transformed into a vibrant reflection of the Pearl of Africa as we came together to celebrate Uganda's 64th Independence Day. The atmosphere was electric, filled with pride, patriotism, and a rich display of national culours.

Our whole-school assembly was a breathtaking showcase of Uganda's rich heritage:

- **Black:** representing our heritage and the proud African people as our students stood tall in unity.
- **Yellow:** symbolising the gloriously warm sunshine that bathes our nation every day.
- **Red:** expressing the brotherhood and shared blood that binds us together as one family.



**Inside this issue:**


- Independence Day in Pictures
- Independence Day Special
- Health Tips for You
- Quote for the Week
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## Health Tips for You

- **Embrace our local produce:** Take advantage of fresh, affordable tropical fruits (such as papaya, mangoes, and guavas) and local vegetables (like dodo, sukuma wiki (kale), spinach and cabbage) from neighborhood markets.
- **Choose high-fiber native starches:** Swap out refined white flours, white bread, and fried chips for fiber-rich local staples like sweet potatoes, pumpkins, matooke, cassava, and millet bread (kalo).

**Read the last page for detail**

**Sources:** Makerere University & kampalapersonalchef

# Independence Day in Pictures




























# Independence Day in Pictures






























# Independence Day Special - Primary







Following on from the whole school assembly, the children in Primary spent the rest of Uganda Day engaged in Uganda themed activities in their classes. This year every year groups chose their own activities and it was wonderful to see so many different things going on across the school. Some of the activities that went on that day included:

- making necklaces and bracelets from Uganda beads
- learning about and drawing pictures of different Ugandan foods
- making dolls from banana fibres
- playing Kwe Pena, a fun Ugandan game
- learning different Ugandan dances
- making Uganda flags
- painting Ugandan themed pictures on barkcloth
- cooking and eating traditional Ugandan foods

For those children who didn't get to cook with their class, they still got to taste Ugandan food at lunch time as the whole school was treated to a delicious Ugandan



lunch, as is the tradition on Uganda Day.

To end the day in Primary, we had a fabulous fashion show where each class took it in turns to strut across the stage showing off their traditional or colourful clothes, followed by a dance session led by Palmer Wanyina from Kindergarten who wowed us all with her amazing dance moves. What an awesome way to end an awesome day!



**By Ms Sarah Preval**







# Independence Day Special - Secondary









The highlight of the whole school assembly was an extraordinary cultural showcase. Students and staff alike represented regions from every corner of the country. From the rhythmic waist movements of the Bakiga and Banyankole's *Ekitaguriro* dance to the graceful movements of Buganda's *Bakisimba*, and the energetic drumbeats of the Northern and Eastern traditions, the hall resounded with joyous harmony.

The dress was nothing short of spectacular:

- *Gomesis* draped gracefully in rich silks and satins.
- *Kanzus* worn with dignity and elegance.
- *Lesos, beads,* and *traditional animal skins* representing the vibrant attire of our diverse sub-regions.

As the Crane stands proudly at the centre of our national flag, our school community stood proud today - celebrating not just the history of 64 years of independence, but the bright future held by the young leaders in our classrooms.

For God and My Country!

**By INGOMA Reporters**







# More Tips for Good Health





**Sweet Potato**

Yellow sweet potatoes are rich in beta-carotene, which your body converts into vitamin A to support night vision, healthy eyes, and immune function. They contain both soluble and insoluble fiber, along with resistant starch, which feeds good gut bacteria like Bifidobacterium and Lactobacillus. High fiber content and a relatively low glycemic index (especially when boiled) help stabilise blood sugar levels and improve insulin sensitivity. Purple sweet potatoes are loaded with anthocyanins, antioxidants that help reduce inflammation and slow the growth of certain cancer cells. Loaded with vitamins A, C, and E, they encourage skin cell renewal, protect against UV damage, and boost collagen production. They provide significant amounts of potassium, which helps balance sodium levels and lower vascular tension.

**Cassava**

Cooked cassava delivers roughly 40 grams of carbohydrates per 100-gram serving, making it an excellent energy source. Because these are complex starches, they provide steady, long-lasting energy perfect for highly active individuals, athletes, or physically demanding jobs. Cassava passes through the small intestine largely undigested to feed the beneficial bacteria in your large intestine. This fermentation process generates short-chain fatty acids (like butyrate) that fuel intestinal cells, reduce colon inflammation, and improve gut barrier health.

The natural dietary fiber adds bulk to stool, helping to prevent constipation and support smooth digestion. A 100-gram serving provides 20% of your Daily Value (DV) of Vitamin C. This potent antioxidant protects cells against oxidative stress, lowering the potential risk for chronic illnesses. Vitamin C is vital for synthesising collagen, which keeps your skin elastic, strengthens nails, and promotes hair growth. Cooked cassava contains necessary amounts of



potassium, which is critical for balancing sodium levels and keeping blood pressure stable. It contains folate, a B vitamin that regulates homocysteine levels. Keeping homocysteine in check protects blood vessels from chronic inflammation and oxidative stress. When dried and ground, cassava flour mimics the physical texture of wheat flour beautifully without requiring artificial binders. It is inherently free of gluten, grains, and nuts, making it a perfect staple for anyone managing celiac disease, gluten sensitivities, or restrictive allergies.

## Quote for the week

**"Courage unlocked our liberty; unity will preserve it."**

~Anonymous

## Upcoming Events

**4th Nov From 3:00 pm to 6:00 pm**
**PTC for Years 7, 10 & 12**

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