

THE KISMAG

5th EDITION - 2018

**CLUBS
&
SOCIETIES**



**UPCLOSE
WITH GINO
SPORTS**

**HEALTH
FOCUS**

KIGUMBA INTENSIVE S.S

MIXED DAY & BOARDING SECONDARY SCHOOL

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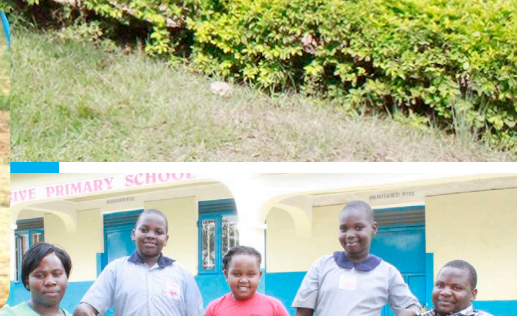
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KIRYANDONGO INTENSIVE PRIMARY SCHOOL



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Chief editor

“

I find writing as the most valuable literary expression. The inculcation of passion for creative thinking and writing amongst the students is one of the major objectives set by the writers' club of Kigumba intensive school..

”

It gives us immense joy and satisfaction to finally re-introduce the 5th edition of our very own school magazine. Just like the gods and the asures churned the ocean of milk to extract the nectar, we have tried to churn out creativity from this mess of science. A lot of effort has gone into the making of this edition. We hope you enjoy reading the magazine. “Know your worth.” The best thing about this issue is that it represents the creative side of students to a fair degree-something that we think we all need to reconnect with. So this time we have made an attempt to bring out the talent concealed within our student community..

‘To me, the greatest pleasure of writing is not what it's about, but the inner music the words make.’ -Truman Capote.

In agreement with the above quote, I find writing as the most valuable literary expression. The inculcation of passion for creative thinking and writing amongst the students is one of the major objectives set by the writers' club of Kigumba intensive school.. ‘The KISMAG’ has been a step towards it and it

has served as a great platform to vent out students' passion for writing and encourage original thinking within them.

Our student authors and staff have put across some amazing pieces of writing displaying their creative thinking and writing skills. The works included in this edition are extremely simple but will surely provide an opportunity to peep into a child's thought process and his or her axiomatic creative thinking. It is actually a lovely experience to see these enthusiastic writers voicing their feeling through stories, poems, and jokes and initiating an adult role through various eye opening discussions.

The publication of the school magazine included a lot of planning compounded with team work and I was lucky to have a team of motivated students and teachers who played a strong role in envisioning the layout of the KISMAG this year.

I am thankful to all the blooming writers who have responded to my call and penned their ideas. I also acknowledge constant hard work of the student editors Mazira Maryline Gorreti, Kasiimire Trena, Asiimwe Winnie, Ogwal David

Kizito from Kigumba Intensive Main Campus and from Kigumba Intensive Annex we have, Mwaka Emmanuel, Lubega Shafique, Talemwa Derrick and Odong Paul who proved to be as catalysts in mobilising the students to write their views and efficiently edited the write ups. I would also like to extend my sincere thanks to our head teachers Mr. Ogwal Tonny Tobias and Mr. Tibilihwa Godfrey for their constant support .Following teachers, Mr. Mwale Paul, Madam Badaru Judith, Mr. Yawe Rogers and Mr. Soro Crispo Okalia for the guidance throughout the entire process of planning and publication of the KISMAG. Most importantly the Director of Kigumba Intensive S.S for funding this whole initiative for now five years.

To the readership, we hope you enjoy reading this magazine as much as we have enjoyed making it.

Finally, from the entire team of writers club, I wish all the readers a happy reading.

Mr. Kilama Patrick
Editor in Chief KISMAG 2018.

EDITORIAL

STAFF EDITORS



SORO CRISPO



MR. YAWE ROGERS



BADARU JUDITH



MWALE PAUL

STUDENT EDITORS



ASIIMWE WINNIE



KASEMIIRE TRENA



OGWAL DAVID KIZITO



MWAKA EMMANUEL



ODONG PAUL



TALEMWA DERRICK

Dear readers once again I welcome you with utmost humility for this year's fifth edition of our KISSMAG. I would like to thank god for making it come out tremendously. Am honored to present for you this year's theme of "KNOW YOUR WORTH". The above theme brings out how valuable you are and capable of doing the exceptional. It also points out the fact that once you get to value and love yourself the way you are, no matter your age, height, size, color to mention but a few, you will have a positive impact in some one's life and change the conceptions people have about you. It's all about your high level of self-esteem and self-confidence that you can do it and you are not different from others that will make you achieve it and become a role model to many.

Stand out and prove to people that you are capable, proud and you love and value yourself the way you are. You will read more on how valuable, precious and capable of doing anything in the different enthusiastic articles of the students. May it be an awakening to those with low self-esteem and confidence.

My message is that, learn to be yourself, value and appreciate yourself the way you are so that others learn from you to be themselves.

Once again, I would like to thank the school administrators for their help and tireless work towards the Publication, my assistant student editors; Assimwe Winnie, Kasemera Trena and Ogwal David Kizito.

The chief editor, Mr. Kilama Patrick for his guidance, a thousand thanks to you sir! Not forgetting the students who offered us their different articles. Once an intensivian, always an intensivian.

FOR GOD AND MY COUNTRY.
MAZIRA MARYLINE GORRETY

HEADTEACHER

KIGUMBA INTENSIVE



A question of worth to the teachers, parents and students.

Mr. Ogwal Tonny Tobias

Dear readers you are so worthy before the Lord that you, me and others are able to see today's sunlight, many were not able to make it, we thank God for his mercy.

I once again welcome you to this page and I would like to thank you very much for always being part of our annual publication. I also want to thank you for all that you have done for yourself in this year, remember you have a very big debt for failure to accomplish other tasks that you had planned to do this year. Whether this year has been a success or a failure to you, there should not be any cause for alarm because those were all experiences to learn from to make 2019 the most successful year.

I thank the chief editor, his team and everyone who has contributed towards producing this magazine for undertaking this very tedious task of putting our institutions on the map.

Back to this year's theme **KNOW YOUR WORTH** This theme is like a reminder to all of us whether you are a student, a parent, a teacher or any other person who may have access to this year's magazine to know how useful or important you are to yourself, your family, and the community.

To students, I would like to bring to your attention that you are very important at your various levels of education, you are better than very many people, many

wished to reach your levels but have not made it, your parents are so proud of you. You should try as much as possible never to kill the hope and pride of your parents. This is very simple, just be serious with studies, be disciplined, keep yourself safe and stay in school till you reach the highest level of education that others have reached. If others can, why not you? Your parents are very much willing and able to sponsor you to any level you wish to reach, please endeavor never to disappoint them.

Remember your worth as a student cannot be compared to your worth as an educated person with a responsibility in a society, therefore work very hard to elevate your worth from a student's level to another level. Another special group of people that I may not have better words to explain their worth are the teachers; I salute all the teachers, it's through your efforts that the world has reached where it is today, people who don't know your worth as teachers call you poor people but believe me teachers are the most richest people in this world, a teacher who accepts to be called poor is a type who has never experienced the services of his/her old students who are in responsible positions or you have been a very bad teacher, lazy, not approachable, who does not care about the future of his/her students or you made students leave your school with regrets of why you were their teacher, this time when you meet them instead of hugging you fear them or see them as your enemies because you didn't realize their worth when they were still students. My fellow teachers let's

not underrate any student, because you don't know what God has planned for each person, accept them in any shape they are brought to you, your worth will be seen in reshaping them to become responsible citizens and tomorrow they will turn to be your source pride.

My dear parents, God saw you worthy enough to own children and that is why he blessed you with children, everyone would wish to have children like you but, it's not easy, you may not feel the grief because you are not a victim, some people have said all the words of prayer but in vain. Some of you did not even pray but found yourselves blessed. All thanks go to the Almighty.

I want to thank you for sending your children to school and above all choosing our school among the many schools in Uganda, without your children we would not have work to do. You have also proved to us your worth by fulfilling your obligation of paying fees for your children in time. As a school we promise to also do our part and never to disappoint you. The most precious and permanent gift we can give to these children is education and let's not get tired or give up with these children, some of them may be very good and some may disturb but we should know children will never be the same.

I once again thank you for reading, wishing you good health, success in all your endeavours, merry Christmas and prosperous 2019.

HEADTEACHER

INTENSIVE ANNEX



Your attitude is your greatest asset, if you choose to be positive, life will be positive, you choose to be negative, life will be negative. Life is what you make it and the power and choice lies in your hands.

Geoffrey Tibilihwa is my name, the head teacher of st. Joseph s.s Tiiti since 2012 I am honored to greet and welcome you all, readers of this joint magazine once more especially our students, parents and well-wishers of kigumba intensive schools.

I thank the Board of Directors under the steer ship management of Gilbert Asiimwe as managing Director; school management committee (B.O.G), school administration and Entire school system for knowing their worth as the theme president in Ensuring the two institutions of kigumba intensive ss and st Joseph ss tiiti attain their core values and moves to greater heights as manifested inform of better results at UNEB level and building morally up right law abiding citizen.

I very much appreciate the effort of the organization (Editors) of this magazine. Special thanks go to Chief Editor Mr Kilama Patrick for proper co-ordination with his team to come up with yet another version of 2018 magazine.

I also thank everyone who has contributed towards success in production of this new magazine which create awareness especially amongst our learners, through there's saying if you want to hide information from Africans, put it in writing. I therefore encourage everyone who has access

to this magazine of 2018 with such an interesting theme "know your worth" read through all articles since they are relevant in our lives.

Know your worth, what a theme, a serious reminder to contemporary learners who have forgotten their responsibility, ability/strength value and limitations as students.

To understand well the theme know your worth based on English Dictionary by mac millan. Present it something or doing something important or good.

Therefore as student, ask yourself what values do I have? E.g. In school community: am useful? ; Do I do something important or good; what ability or talent has God gifted me with? What is my responsibility and limitations as a student? All these questions us understand ourselves better and put us in position which is worth while

Schools have well design Programmes, rules and regulations, its responsibility as a student to adopt and follow them all. Why don't we do the right thing at the right time in the right place? If it's time for class go and learn, it's time for entertainment, please enjoy. Why not engage in school activities willingly, when self-motivated and develop our talents, instill and add value in ourselves. Some of us even after being guided take advice for granted and continue to sit on our talents, strength

and abilities.

One great counsellor in names of Loise oburu put it the only one who can stop you from being the person God intended you to be is nobody else, a part from yourself, you are the reason for failure, nobody else, it's not your parent, teacher, nobody else. As a student you have the power to make a right or wrong decision. Your attitude is your greatest asset, if you choose to be positive, life will be positive, you choose to be negative, life will be negative. Life is what you make it and the power and choice lies in your hands.

I therefore End by appealing to everyone especially our student to know their worth through actions for example:

- Concentrating on studies/ consulting teachers in order to enrich their knowing and add values in themselves
- By developing their talents through partipating activity in both curricular and co. curricular activities. E.g. Debates, MDD, foot/netball games name it. Please students be active member of schools clubs and societies and know your worth.
- Through practicing/ rehearsing life style of a real student who actually knows do's and don'ts of school: a student who commands respect for him or herself respect for elders etc. because discipline is key to success. Happy christmas and prosperous new year 2019 God bless you all.

DEPUTY HEADTEACHER KIGUMBA INTENSIVE



YOUR WORTH IS WORTH!!!

Mr. Katusabe Moses - DHM ADMIN

Dear readers, I take this opportunity to once again welcome you to the fifth edition of our annual publication. In the same vain a congratulate the editorial team for the indefatigable work they have done to make this come to pass, the students and all the writers for the marvellous interpolation in this magazine and above all the almighty God for keeping us in one piece up to now. This year's theme, Know your worth comes in time for me to make a parental contribution that will grip up the different aspects discussed here, I therefore would love to specifically reveal the secret to self-worth hereunder.

The secret to self-worth lies in a few simple decisions you can make at any time.

1. The first decision is to take back ownership of your self-worth. It's called self-worth for a reason.

There's a simple truth I use and speak daily: "Confidence isn't what other people think about you -- it's

what you think about you." Once you accept yourself as the true decider of your self-worth and stop allowing what other people think to validate you, you're instantly in control of your self-worth and ready for the next decision.

2. The second decision is to recognize, celebrate and love the parts of you that make you special, unique and different.

Take a few minutes to take a true inventory of your gifts, talents and unique life experiences. Embrace and be grateful for them. You've already overcome so much that has brought you to where you are right now in your life. Fully recognize the wins and achievements you've already experienced. The more you become self-aware in these, the more you can lean in and maximize them.

3. As you become more self-aware, the third decision is to make sure you look at your strengths and weaknesses from the right perspective.

Everyone has both strengths and weaknesses. As you see yourself

clearly, the secret is to lean into and maximize your strengths and not allow your weaknesses to define you. You can honour and benefit from both.

Many people do the opposite of what is most productive. They are quick to diminish their strengths and emphasize their weaknesses, making themselves feel as though they are never enough. You cannot allow your weaknesses to determine your value. Instead, you can know that you are unique with something truly valuable to give the world right now, leaning into your strengths and learning to use your weaknesses as opportunities to grow. As I conclude, I would like to join the others in thanking the following people for their vital role in running this great initiative, Mr. Ogwal Tonny Tobias, Mr. Tibilihwa Godfrey, Mr. Asimwe Gilbert and Mr. Kilama Patrick. May God bless you abundantly. Remember this: There's no limit to where you can go because there's no limit to where you can grow.

DEPUTY HEADTEACHER

KIGUMBA INTENSIVE ANNEX



KNOW YOUR WORTH

Mr. Mawa Victor- KISS ANNEX

It's a pleasure once again to welcome you the readers of this KISMAG magazine for the 2018 edition. Its our pleasure and honour to know our, your, my their worth as great citizens, members and community of this institution. Before going further, allow me thank the almighty God, the top management, colleague administrators, teachers, support staff, students and parents who have known their worth since the start of these schools. Great thanks go to the Resident Director, Mr. Gilbert Asiimwe for his tireless efforts in managing and running these institutions. He has fully displayed full charisma in his work. To the parents of these institutions, we and I personally thank you for proving your worth by keeping your

children in school through paying fees in time. It's a call from God to do your responsibilities as parents towards the studies, discipline and future of your child or children through education. As teachers, we shall and will always stick to the conduct of our profession to teach our learners to achieve academic excellence.

As per say, with our learners, they should be ready to receive, store and exhibit their potential and worth through excelling in performance in the different levels of education. This has been reflected in the previous results that proved the worth of the OBs and OGs. May success continue to dwell in their lives. To our support staff i.e. askaris, cooks, cleaners and the matron, you have really proved your worth for carrying out

“

As per say, with our learners, they should be ready to receive, store and exhibit their potential and worth through excelling in performance in the different levels of education. ”

your assigned positions fruitfully. Thank you so much for the hard work.

I can't forget to thank the brains behind this edition, I pray your ideas don't go in vain. In the same vein, I also thank parents who have promoted the girl child education as well as boy child in preparation for future. We look forward to receiving many of you next year as well as wishing the candidates of 2018 the best in their results next year. I wish this readership a Merry Christmas and Prosperous 2019. For God And My Country.



Academics Office

THE DEPUTY HEAD TEACHER - ACADEMICS - ALIKAH KYAMANYWA

In the name of Allah, the most Gracious and most Merciful. I thank the Almighty Allah for keeping us all alive up to yet another edition of The KISMAG. Whereas we commiserate with those who did not make it up to this time, we pray that Allah is merciful yet to us such that we wind down another successful 2018 year.

I am grateful to once again contribute to this year's edition of The KISMAG. Kudos to the team I work with in the Academics office AND The various HODs i.e

Mr. Oketta Richard- DOS in--charge (S.1 & S.2),

Mr. Paruku Rashid- DOS in--charge (S.3 & S.4), and

Mr. Soro Crispo- DOS in--charge (S.5 & S.6).

O' Level Heads of Department

ENGLISH/ LITERATURE	MATHS	BIOLOGY	CHEMISTRY	PHYSICS	AGRICULTURE	HISTORY	GEOGRAPHY
KILAMA PARTICK	WAISWA PATRICK	OJOK TONNY	ABITEGEKA JOHN	ERACH DENIS	ODOCH JOEL	WAHAB ALI	MUGANZI MARK
COM	CRE	IRE	IPS	CST			
KATO NELSON	MWESIGE STEPHEN	ELIAS JUMA	KASADHA BENARD	MWALE PAUL			

A' Level Heads of Department

BIOLOGY	CHEMISTRY	PHYSICS	AGRICULTURE	MATHS	HISTORY	GEOGRAPHY	LITERATURE
LWANGA PAUL	KAYANGA BAKAALI	BALABA ABUBAKER	ODOCH JOEL	LULE JOEL	TIBENDA GILBERT	ODAGA JOSEPH	KILAMA PATRICK
CRE	ECONOMICS	ENTREPREN EURSHIP	ART/ DESIGN	COMPUTE R STUDIES	GENERAL PAPER		
ALINAITWE GRACE	MURU PETER	SSEMPIJJA MARK	KASADHA BENARD	MWALE PAUL	SORO CRISPO		

This team has done wonders in Academic pursuits in this short time. In a special way, I would like to appreciate our parents for responding towards our requests throughout the year.

This edition is going to be a **special one** because I have included **the Internal performance** of our students in the Academic analysis contrary to the usual **external one** (UNEB). Internally, **the Academic performance** challenges students because teachers tend to be so strict while marking compared to that done by UNEB.

The Internal performance summary of O' level 2018

	GRADE	S.1	S.2	S.3	S.4
T E R	Div 1	141	70	16	16
	Div 2	103	85	64	36
	Div 3	15	41	80	72



CRISPO

The Internal best performing students per class 2018

TERM ONE							
S.1		S.2		S.3		S.4	
Adye Maurine	10	Wakurwoth Mike	8	Bossa Dickson	13	Munguryek Simon	16
Amongi Evelne	10	Aheebwa Fosca	9	Manyol John	16	Amanya Paul	17
Asiimwe B.Joel	10	Akullu Racheal	9	Kasim Dafala	19	Tumwine Elly	17
Atim F. Mirriam	10	Ayiko Henry	10	Okello Desmond	19	Kato John	18
Ayugi F.Daphine	10	Balin B. Luka	10	Nambozo Elizabeth	22	Rashid Hassan	18
Daniel Gatkouth	10	Taleka Barbra	10	Tumwine Isaac	26	Aine Charity	24
Kabasinguzi Scola	10	Kiiza Peter	11	Amito Florence	26	Oyella Dorcus	26
Namukose Marion	10	Ogola Alex	13	Odongo Martine	27	Agondeze Lawrence	27
Nayebale Robinah	10	Matata Joseph	14	Wekesa Lawi	28	Namaganda Shamilah	27
Ojwiga Brian	10	Ayella Martin	16	Acuma Joshua	28	Oyau Walter	28
TERM TWO							
Alum Freda	9	Ayiko Henry	10	Manyol John	11	Munguryek Simon	20
Daniel Gatkouth	9	Aheebwa Fosca	11	Katwere Edrine	12	Amanya Paul	27
Kusemererwa Brian	9	Wakurwith Mike	11	Akera Daniel	14	Rashid Hassan	28
Wazemba Beatrice	9	Tino Gladys	16	Kasim Dafala	14	Aine Charity	32
Aciro Dorcus	10	Atuhura Marvin	17	Nambozo Elizabeth	14	Kato John	32
Ayugi Daphine	10	Kiiza Peter	17	Kaahwa Vitalian	15	Mugabe Peter	33
Dout Chol Mabior	10	Balin B. Luka	18	Rwothomio Moses	18	Oyella Dorcus	33
Obote Timothy	10	Maditwun Phinehas	19	Achora Marvin	19	Oyau Walter	34
Acheng Sandra	11	Ayella Martin	20	Tumwine Isaac	19	Namaganda Shamillah	36
Adye Maurine	11	Matata Joseph	20	Osama Noah	21	Tumwine Elly	36

TERM ONE			
S.5		S.6	
Katwesige Stephen	PCB/SM (7ABA3) = 18	Olica Felix	HEG/SM (9AAB4) = 18
Gudoi Fredrick	PEM/CST(8AAC1) = 17	Mwanga Anthony	HED/SM (4BOA7) = 13
Kakanyero Innocent	PEM/SM (8CAC4) = 17	Ayebale Esther	HEG/SM (7CCC8) = 12
Olama Emmanuel	HEG/SM (6ABB7) = 17	Bosco Lotilili	HDG/CST 6CCD8) = 12
Talemwa Tobias	BCA/CST (4CAB8) = 16	Lamony Emmy	HEG/SM (6DDDB8) = 12
Mungungeyo Job	HDG/SM (6ABC7) = 16	Elepu Jacob	MEG/CST (8BBF4) = 11
Mugume Innocent	BCM/CST (8AAD1) = 16	Watum Peter	BCA/SM (7COB2) = 11
Lwegaba Brian	HEG/SM (8AAC7) = 16	Oketayot Erick	HEntG/CST (8BEE9) = 9
Otiking Daniel	PCM/CST (4ABE3) = 15	Turatsinze Rogers	HEG/SM (6CEE9) = 9
Ojok Daniel	PCM/CST (7AOF7) = 15	Baguma Simon.P	LEG/SM (7OEB7) = 8
TERM TWO			
Lwegaba Brian	HEG/SM (6ACA9) = 17	Olica Felix	HEG/SM (9BAB8) = 16
Olama Emmanuel	HEG/SM (6ACA7) = 17	Lamony Emmy	HEG/SM (6BDA9) = 15
Mungungeyo Job	HDG/SM (8BAB7) = 16	Odongo Jacob	HEG/SM (7AEA8) = 14
Katwesige Stephen	PCB/SM (5AEC5) = 14	Segawa Samson	HEG/SM (8DBB7) = 13
Gashari Ivan	PEM/CST (6OBB3) = 13	Odur James	PCM/SM (9BAB7) = 12
Gudoi Fredrick	PEM/CST (5OCA2) = 13	Mwanga Anthony	HED/SM (8DBE7) = 10
Jurua Stephen	BCM/CST (7BBE4) = 13	Rubangakene Emmanuel	MEG/CST (9CAF7) = 10
Mugume Innocent	BCM/CST (7BCE4) = 12	Aliganyira Denis	HEG/CST (9EOB6) = 9
Ocaya Ivan.O	BCM/CST (6ADO3) = 12	Ayebale Esther	HEG/SM (7ODB8) = 9
Komakech Ronald	BCM/CST (7BBF2) = 11	Elepu Jacob	MEG/CST (7DBF6) = 9



RICHARD

M O N E	Div 4	01	04	40	40
	Div 9	01	01	15	07
	Total	261	201	215	171
T E R M T W O	Div 1	123	35	30	05
	Div 2	104	65	58	27
	Div 3	32	82	77	50
	Div 4	03	18	35	70
	Div 9	01	01	02	17
	Total	263	201	202	170



PARUKU

TERM ONE	Div 4	01	04	40	40
	Div 9	01	01	15	07
	Total	261	201	215	171
TERM TWO	Div 1	123	35	30	05
	Div 2	104	65	58	27
	Div 3	32	82	77	50
	Div 4	03	18	35	70
	Div 9	01	01	02	17
	Total	263	201	202	170

The Internal performance summary of A' level 2018

				S.5				S.6			
	POINTS	S.5	S.6	THREE PRINCIPLE PASSES	TWO PRINCIPLE PASSES	ONE PRINCIPLE PASSES	SUBS PASSES	THREE PRINCIPLE PASSES	TWO PRINCIPLE PASSES	ONE PRINCIPLE PASSES	SUBS PASSES
TERM ONE	19,20	--	--	22	53	54	42	08	20	46	71
	17,18	04	01								
	15,16	07	--								
	13,14	05	01								
	11,12	09	05								
	9,10	20	02								
	7,8	13	10								
	5,6	35	21								
	1-4	85	88								
	0	24	17								
	TOTAL	202	145								
TERM TWO	19,20	--	--	12	30	75	78	09	20	55	60
	17,18	02	--								
	15,16	01	02								
	13,14	04	02								
	11,12	04	01								
	9,10	14	07								
	7,8	15	09								
	5,6	31	15								
	1-4	114	98								
	0	10	10								
	TOTAL	195	144								

The results of 2017 UCE & UACE were good and fair as UCE had good results but UACE presented fair results as summarized below.

The summary of UCE results of 2017

DIVISION ONE	DIVISION TWO	DIVISION THREE	DIVISION FOUR	DIVISION SEVEN	DIVISION NINE	TOTAL
81	64	25	03	-	-	173
49%	36%	14%	1%	-	-	100%

BEST STUDENTS UCE 2017

NAME	UCE SCORE	PLE SCORE
1. Komakech Emmanuel	13	10
2. Mugume Innocent	13	09
3. Muhumuza Elisha	13	06
4. Ochaya Ivan Otuma	13	10
5. Onap Oscar	14	09
6. Kabuye Huzaifa	15	09
7. Tolit William	15	06
8. Kugonza Shifan	16	07
9. Kyomugisa Joseyln	16	06
10. Abataki Wani Richard	17	07
11. Otoo Haron	17	13
12. Katusiime Lillian Hope	18	10
13. Apilo Faith	19	12
14. Bisoborwa Boniface	19	12
15. Ntegeka Aaron	19	11
16. Orech Christopher	19	12

The summary of UACE results of 2017

National Merit	District Quota Gov't	Best students	Comb.	Points	Three principles	Two principles	One principles	Total
None	1-TUGUME DEVIS; (Education), Makerere 2-NYAKIRYA JULIET; (Inform. Systems), Muni 3-WEMBABAZI CLEOPHUS; (Micro Finance), Kyambogo 4-EKIT SHARON; (Social Work/Dev), Kyambogo 5-ATIM JOAN; (Human Resource), Makerere 6-MWESIGWA NICHOLAS; (Environ Science), Kyambogo 7-ODOIT RONALD; (Accounting), Kyambogo	1-WEMBABAZI CLEOPHUS 2-MUGERWA WINSTON 3-SUNDAY KIZITO 4-NYAKIRYA JULIET 5-ODOIT RONALD 6-TUGUME DEVIS 7-MWESIGWA NICHOLAS 8-KERMU BORIS 9-OPIO DANIEL 10-MURUNGI JOHNSON	HED/SM HEG/SM HED/SM DEG/CST HED/CST HEG/CST HEG/CST PEM/CST BCA/SM MEG/CST	6CBA6 = 17 6CAC4 = 16 6BCA7 = 16 3BDB4 = 15 5CCB6 = 15 6BCC6 = 15 4DBB4 = 15 4BCC4 = 15 4DBB2 = 15 5DCB4 = 15	81	61	26	180

On behalf of the Academics office, I pray for better results from this year's candidates. I hope that their success should inspire those students still struggling to read hard for success and academic excellence. I wish all the readers the best reading,



Finance Office

Personal financial Management

BABWETERA JOHN

Kigumba intensive teachers Sacco

Personal financial Management is a money habit that everyone of us needs to keep refining every day because it will determine whether you achieve your financial goals or not.

We always convince ourselves that money is never enough or that we will probably do better if we register a big boost in our income. The fact that we ignore not how much money it is that determines the root of your problem but the lack of personal financial management that plays a big role.

While achieving financial management, it doesn't happen overnight, it can only be done if you committed.

At the start you need to be clear about your financial goals and why it's important to you to achieve it by keeping information within reach such that is a point of reference and reminder in your daily life.

Write these goals down and either paste sticker notes on your wall mirror or any other area familiar to you or write

them down in note book application in your phone to remind you about your goals. This will surely keep you updated.

Another way is to change habits that costs your money for instance if you an Impulse shopper you need to adopt a 48- hour rule of waiting out you desire purchase so when it elapses its likely you will not be interested in making that purchase anymore. Once you do this for many of items it will inevitably re-enforce to maintain the course of financial discipline.

Cultivating a saving culture is very crucial in personal financial management. Making a deliberate choice to deduct a percentage of your income periodically is not easy but can be done. But you need to be realistic about these changes. Start with any amount you can.

Afford as opposed to setting steps that are self-defeating. You can start with 5% of your salary or any other income for non- salarised worker as

it can be increased when you stabilize in time.

Remember automatic deduction forces you to save if you are not used of voluntarily savings. Saving can usually keep your expenses lower than your earning in line with what you budgeted for in your household.

Peer groups. Most important the friends you hung out with usually have influence on your personal financial management. This means you need to cultivate relationship with like-minded people who can inspire you to cultivate a culture of discipline while handling your financial. Find an accountability partners who can support your effort to money management. They will motivate you and keep reminding you about your goals.

All in all, keep learning new ways of doing things via financial education which you can keep applying to your daily management of your financials.

Brothers, sisters, relative's friends and entire staff members you are late start today.



KITARA PARENT'S PRIMARY SCHOOL

Tel: 0392 179 079 / 0786762 207 / 0772 922 230

Sister school of Kigumba Intensive Nursery & Primary School



KIGUMBA INTENSIVE NURSERY & PRIMARY SCHOOL



**Registration
is in progress**





SWEET MOTHER

My heart was spread in the sight for any bird.
But preciously you won my heart
Wonder how much life would be without you
You encouraged me to go face to face with
what lies ahead.
You have changed my life into a brighter one
From loneliness I can now smile and keep at
peace with Someone I know and love
You have closed your eyes to the outside world
And believe in my real self
At a distance, my love grows stronger
You have opened my small world
Into a bigger and brighter one,
I always love you Mother.

Complied by Aciro Mercy S.4.N



What a humorous practice a kiss is!

In math – distance between two lips
In biology – exchange of germs
from mouth to mouth
In chemistry – practice of testing PH
of saliva
In physics – process of charging a
human body
In computer – connection of net-
work without wire cables
In economics – demand is higher
than supply
In geography – gradual converging
and wearing of lips
In commerce – a good for free
In divinity – came before sin
In history – put great men and
women down
In literature – your character traits
are loving, seductive and comic

AMERI CANDI FORTUNATE S.6 ART



During adolescent stages in secondary schools, students claim to have hysteria, where one feels annoyed just because a colleague is sitting or talking with the girl he admires. Let's face it. The only way to dwell with the situation is to control your life. Boys and girls co-operating at this early stage makes them great heroes in future, co-operative workers and this can help us avoid bad epitomes like corruption, bribery and nepotism. Let us approach our dear school leaders, make programs that unite us especially games like volleyball, basketball and table tennis among others. I assure you school life will be interesting.

AKELLO SHEILLA

LEARN TO INSPIRE OTHERS

THE QUOTED "IF"

The attribution which a person should endeavor to cultivate, to become well rounded are so felicitously expressed in Allan's Triched IF that has been quoted here in its entirety.

If you can keep your hand when all about you are losing theirs and blaming it on you.
If you can trust yourself when all men doubt you. Make allowance for doubting too.
If you can wait and not get tired of waiting, or bearing lied about, don't deals in lies or be heated, don't give a way for hating and yet look too good nor talk to wise.

If you can dream and not make dreams your master; if you can think and not make thoughts you aim.

If you can meet with your triumph and disaster and treat those too in poster just the same.

If you can talk to crowds and keep your virtues, or talk to kings more lose the common touch.

If neither foes nor loving friends can hurt you, if all men count with you, but none too much.

If you can't fill the unforgiving minute with sixty seconds worse of distance run, yours is the earth and everything that's in it.

And which is more- you will be a man my fellow students

BY: ALLANS TRICHED S.4.N

Are you who you think you are,
Be Yourself

It is a challenge for us the youth to
Reform the society.

It should gin with our generation to
Inform, educate and change the
Society. It should start with you.
Look at yourself, the need to belong
To and be special.

Sister, you can inspire someone
to make the right choice and to
choose freedom. Taking about
freedom, the first think that
comes to our minds, is I want to
be free. We all want to be free;
We all have different things we
Are all free but we should freedom
In a positive attitude towards life,
All proper behavior towards the
People and also one thing we should
Is freedom of speech.

ANENA PURITY DESIRE S2 NORTH.

Meet The Funniest Teacher at KISS

"One interesting thing about his physics classes was that he always commented on almost every living creature that either entered or left class during the lesson time.

Everyone was always alert, no dozing off. These lessons were more of a time off the boring, mind cracking science subjects, infact everyone "weak or strong" enjoyed his lessons.

*This gifting particularly astonished me, solving the abstract content using simple local examples that were known to all, either from *as deep, as kitanyata to as modern as Kampala*

© Master N.Muhangi



This man, I will tell what I know about him, only what. I will refer to him as *the man* in this article and leave to the reader to identify with my character.

In 2012, I first learnt about this man while I attended a general weekly assemble in the beautiful shades of a jack fruit tree in Intensive as we sat on dry leaves. There must have been an aroma of a ripe jack fruit too. I dont remember what he said, but I remember I laughed my ribs out.. He wasn't my teacher then but we continued meeting him in other spheres of the school;

He would find you late and instead of canning you he would laugh saying.... _baitu youuuu_ One day I remember a friend's narrative of how he was supposed to be caned 4 strokes and he started crying before a single stroke of the cane, the man laughed about at how his prey was afraid and to him that was punishment enough. He was let to go, with a clean pair of buttocks.

There is one thing however you can't talk about without mentioning the man in the portraits name.

sport

His name, and that of the sport of intensive are intertwined like their lives depend on each other. I try to figure out which is which. If you want to really affirm this, travel with me, back to those years during some of the highly contested football games between intensive football team and the other chal-

lengers, in your journey you will probably remember when all students, let by _the man_ fell on their knees to pray for the penalty shoot outs. You will also find him crying somewhere when his team has failed to net to last nail in the penalty shoot out, though his main job, one he is tactful at is lifting his teams spirits. You wont fail to find him having one-on-one words with his team members. For those who lead a team, we as well know what motivation can bring out from a man's deepest shelf. That's what the boys whence did on the pitch, do their best. This is validated by the trophies in the head master's office. (a short walk there would be worthy, how many to be exact?). You can't forget those days with rainy storms. Matches were still played, the couch was on the touch line. Even without rain, the tropical sun was ever scorching. This other wenger(because he loved flair in the intensive game) was always there, like he had taken a vow, as is during marriage, till death (really?) do us apart... I can't say all, probably you can more than I myself can do.

We cannot put aside those times when we had to prepare for MDD. Trust me, MDD wasnt as much popular amongst some students as with some teachers. So some shepherd had to drive the folk to the grassland. I remember one day, as i was zoning on some forgotten History course of migration when _the man_ found me and he gave me a little chase, for i was one not to allow canes any how. I as well feared canes as much as I dreaded them. The

next day we met and smiled.

You can't remember to forget those Physics lessons filled with humour

Argh, you wouldn't want to miss that physics class. He always had examples with certain stories to drive his point home. If you dint laugh in his class, that day you might have missed your plate of food. You know how those pulleys xan some times look strange in the physics class? He would help you smile at them. He was often a character in his own stories. Unfortunately I can't exactly precisely remember one such sorry but we who knew him often started laughing just as soon as he started telling one such tale. I vividly remember the director laughing himself in after one such tale. How did he attach flare to his stories?

Well, we can say he loved physics equally like sports. He was full of humor and treated students like a parent. I remember one day when he pulled me aside and whispered some kind words of wisdom into my ears. He helped many surely, a mentor for many both on and the pitch. Those that have passed through his hands can say it better. I learnt that one corrects those he loves and to ties a smile on me whenever. How sometimes he gave me personal attention mattered alot as i developed through Intensive. Such small but big steps truly bond one to a subject, and school the overall Today, i will say I miss the old school times

Long live.
Okello Emmanuel

MEMORIES AT

Kigumba Intensive

“

Despite all the sweet memories, there were horrible moments. I won't forget the day when a strong winter wind blew off the roof of our class room. It was a rainy day with a lot thunderstorm.

”



OCHAN FAUSTINO FAX
K.I.S.S (2008-2013)

ALEXANDRIA UNIVERSITY,
FACULTY OF MEDICINE,
EGYPT (2015- Up-to-date)

It all started in one misty evening when this outstanding institution was brought to my knowledge. It was dinner time when my cousin brother, Odong Bob Daniel, an old student of K.I.S.S, told my dad about the school. And he said to my dad as I can remember “uncle, I don’t see any school which best suits Ochan’s ambitions except KISS.” That day, I had had one of the best meal of my life as I listened to their conversation. It is because my dad never objected to Bob’s opinion. In my thoughts I knew I had found the best school for myself because Bob had never disappointed me before and he always wished the best for me. It wasn’t long until the new academic year sets in. The spirits were high. I remember going around my home town, Torit (South Sudan), informing my friends and relatives about my proposed journey. The only bitter side was that I would miss my best friends and family whom we built memories together from childhood till then, but that proved to be short-termed because I had to adjust to the new world. Then the day finally came and I was set to start one of the longest journey in my life. My travelling bag was loaded with lots of food stuff including a bottle of groundnut paste (well known at KISS as “ODI”) from my grandmother who as well was excited about my trip. It was almost a two-day long journey by road. First, from Torit to Juba, then direct to Kigumba. It was 6 O’clock in the evening when I arrived in Kigumba town. It was my first time ever to be in the town. The people there were amazing. Everybody was busy minding

this or her own business and that kept the excitement in me alive despite the long and tiresome journey. I was then picked up from the station by one of my cousins who then led me home on “Boda boda” bike.

After two days of rest over the weekend, it was on a magical Monday that I was supposed to report to the institution of my dream, KISS. I can’t describe the excitement which was in me. It was like kind of burning flame inside me which almost blew me off but I had to take control of myself. I boarded a “boda boda” bike. After about five-minute ride, we finally arrived at the school gate. From that moment, I had realized that Odong Bob Daniel who recommended the school for me had betrayed me. My expectations about the school were completely different but to my disappointment, I found the school whose class rooms were made of wood, commonly called “MAKOKO”. I stood at the gate in astonishment for a few minutes. The gateman (askari) quickly noticed and intervened.

“Hi, can I help you?” he asked with mercy and care which could clearly be seen and felt as he came closer to me. That moment proved to be a healing power to me. I took a deep breath and calmed the tension in me. Then I replied “yes, I do”. “I am a new student and I would like to do my registration process” I continued. He then asked me to get in and led me through the administration block to the office of then the Administrator General, Mr. Ogwal Tony Tobias. Mr. Ogwal was one of the kind people I was lucky to

have met in my time at K.I.S.S. As I was in his office, he as well noticed that I was a bit upset. For fatherly concern, he started by counselling me and informing about the best side of KISS and then finalized my registration process as boarding student. After that, he asked the “askari” to lead me to class, that was S.1 North, which became my family for the rest of the four-year course. As we strolled towards class, the school arena was as still as the grave yard. The only voices which could be heard those of the teachers giving lessons in their respective classes. That brought gave me positive feeling about the school and why Odong recommended it for me. Shortly we arrived in class and I was introduced to the rest of my new classmates by our then class teacher, Madame Atama, another inspirational figure within the institution. My new bench mate was Buzobosi, the most stubborn guy in class. He even betrayed just a few minutes of meeting him. I asked him about the name of our physics teacher but he gave me the nickname instead. My first ever lesson was physics by Mr. Waiswa Patrick, who was nicknamed “Mr. Liquid”. Despite not understanding the lesson, the experience was incredibly awesome. Mr. Waiswa wasn’t just an amazing teacher, he was a caring father too. I experienced that when he became our class teacher in S.4. After that lesson the bell was rang for breakfast and I enjoyed watching students emerging from their classes like waterfalls as they rushed to buy food from the likes of “MAMA ALAYI” and I made my way for breakfast too. That moment gave me one of the horrible experiences when a piece of fried cassava broke off my loose pre-molar tooth. It was the first time ever I had eaten it. Despite that bitter moment, my first day at KISS was awesome. After that first day experience, the rest was now history. From there on, I adjusted to the new environment by finding new friends as Biferamunda Godfery (nicknamed Bifs), Mulekwa Wilson, to mention but a few. They were committed and disciplined students that I admired to have their company. They became part of my life as we made study group where we always made discussions concerning certain subjects especially sciences. It was from such discussions that I realized the importance of team work. This manifested in our final results of the term when all of us in the group become top students in class. And we were offered bursaries by the administration, thanks to their generosity. I specially wants to thank the MD, Mr. Asiimwe Gilbert, who was always my role model. It wasn’t long before I noticed his kindness and generosity in moments

when I suffered financial crisis despite the bursaries. He always came to my rescue and made sure I wasn’t disrupted academically. Despite his kindness, he also has the darkest side. I remember the moment when the in discipline in our class had crossed the redline, he intervened and use the iron-hand to solve the problem, a typical intensive student understands what I mean. We continued with the hard work until the final year of O-level and we all passed with flying colors although the results were not what we quiet expected but we were okay with it.

When it was time to join A-Level, I made one of the easiest choices. I couldn’t think of any institution except my family, KISS. The experience wasn’t any different as the hard work continued. I had always dreamt of being a Doctor and so, I chose the combination PCB/ G.P and Sub-math. Thanks to God I am now working on my dream as I am pursuing Medicine and Surgery in Alexandria University in Egypt. Despite those great friends in class, my best friends were always books and my teachers. Library became my second home, thanks to the school administration for availing best studying materials. If you are student at KISS, count yourself amongst the luckiest scholars because you have the best resources at hand, ranging from teachers, library to mention but a few. You will appreciate it after you leave the institution. Please, start utilizing those resources to the best of your ability and if you do you will not regret your time at KISS like some of us. You will always be filled with sweet memories. But for those who don’t they will regret for the rest of their lives. One of the most difficult question to answer is choosing the best teacher in KISS. It’s because every teacher is committed to his/her best. One of my amazing teachers was Mr. Kirya who taught me Biology at A-level. In fact, he still owes us a ride and dinner which he promised us if we passed his Biology paper. His commitment to work never went for granted as we passed his paper with flying colors.

As a student at KISS, I realized that discipline was key to every success. You have to be obedient to the school rules and regulations in order to survive in Intensive. One of the most famous rule which became part of me stated that; “be in the right place, at the right time, doing the right thing”. KISS is known for its disciplinary action, that is caning,

but I don’t remember any moment where I was caned for indiscipline case except when I failed a test or an exercise in class. Despite all the sweet memories, there were horrible moments. I won’t forget the day when a strong winter wind blew off the roof of our class room. It was a rainy day with a lot thunderstorm. The teacher suspended a lesson because his voice was masked by the sounds of thunderstorm. Just shortly after he left, the class was roofless. Everybody stood dumbfounded with our eyes fixed to the sky which appeared very scary. After a few seconds confusion sets in as students were trying to escape for safety. I remember the way we struggled for the doorway. The craziest thing is how I lost my pair of shoes in that confusion. Even after the situation was under control I couldn’t find my shoes at all. I couldn’t cry and laugh at the same time. Really how could I forget that experience? For all those memories, I don’t regret every minute or second I spent at KISS. For you who are still there please, build the memories which you will appreciate for the rest of your life. Be disciplined and enjoy every minute to the fullest.

To end, I would like to thank Mr. Kilama Patrick particularly for contacting me and inviting to this year’s program. I am always grateful for K.I.S.S and will always be part of the family forever. Best wishes to everyone over there.



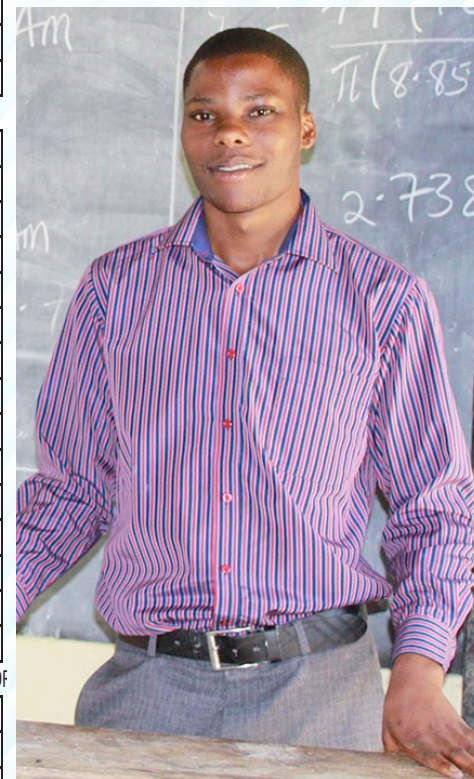
OUR STAFF

	NAME OF STAFF	POSITION
1	OGWAL TONNY TOBIAS	HEADTEACHER
2	KYAMANYWA ALIKAH	TEACHER & DEPUTY ACADEMICS
3	KATUSABE MOSES	TEACHER & DEPUTY ADMINISTRATION
4	Paruku Rashid	TEACHER & DOS
5	Sorrow Crispo	TEACHER & DOS
6	NAKYAMBADDE J. MARY	TEACHER
7	Kayanga Bakali	TEACHER & HOD
8	Ojja Patrick	TEACHER
9	Muru Peter	TEACHER & HOD
10	Alinaitwe Grace	TEACHER & HOD
11	Waiswa Patrick	TEACHER & HOD
12	LULE JOEL	TEACHER & HOD
13	Odaga Joseph	TEACHER & HOD
14	Elem Patrick	TEACHER
15	Tibenda Gilbert	TEACHER & HOD
16	LWANGA PAUL	TEACHER & HOD
17	Mwesige Stephen	TEACHER & HOD
18	Sempijja Mark	TEACHER & HOD
19	Akelo Judith	TEACHER
20	Muganzi Mark	TEACHER & HOD
21	Aliguma Shaban	TEACHER
22	Odoch Joel Adams	TEACHER & HOD
23	Ojok Tonny	TEACHER & HOD
24	Kato Geoffrey	TEACHER
25	Byansi Robert	TEACHER
26	Wacha Benson	TEACHER
27	Oketta Richard	TEACHER & DOS
28	Kasadha Benard	TEACHER & HOD
29	MUSEMA SIRAJI	TEACHER
30	Muhangi Norbert	TEACHER
31	Kato Nelson	TEACHER & HOD
32	Isingoma Christopher	TEACHER
33	Isingoma Jacob	TEACHER
34	Abigaba Godfrey	TEACHER
35	Nagujja Rashida	TEACHER
36	Musindi Godfrey	TEACHER
37	Wahab Ali	TEACHER & HOD
38	ARYEMO LODIA	TEACHER
39	Kilama Patrick	TEACHER & HOD
40	Enwou Peter	TEACHER
41	Abitegeka J. baptist	TEACHER & HOD
42	Abdul Ismeal	TEACHER
43	Erac Denis	TEACHER & HOD
44	NSABIMANA VALENCE	TEACHER
45	MWALE PAUL	TEACHER & HOD
46	DAMONY RATIP	TEACHER
47	KYATEGEKA BENJAMIN	TEACHER
48	AKELLO GERTRUDE	TEACHER

49	AYERANGA JOHN	TEACHER
50	KOMAKECH STEPHEN	TEACHER
51	ELYASI JUMA	TEACHER
52	NANYANZI WINNIE	TEACHER
53	ALUNAITWE WILFRED	TEACHER
54	KOKO CHARLES TENDET	TEACHER
55	KIIZA ALOYSIUS	TEACHER
56	SSEMPA ARAMANZANI	TEACHER
57	ODONG JOSHUA	TEACHER
58	OKEMA SIMON	TEACHER
59	OKELLO AMBROSE	TEACHER
60	BUBERWA WILLIAM	TEACHER
61	TUMUSIIME Flavia	TEACHER
62	OKELLO JASPER	TEACHER
63	Anyango Irene	TEACHER
64	Talemwa Brian	TEACHER
65	Kusiima Gerald	TEACHER
66	Balaba Abu	TEACHER & HOD
67	Ssebagala Swaibu	TEACHER
68	OPIO JOSHUA	TEACHER
69	ALIGUMA Ivan	TEACHER
70	ALIGUMA Wilberforce	TEACHER
71	Anyango Irene	TEACHER
72	Talemwa Brian	TEACHER
73	Kusiima Gerald	TEACHER
74	Balaba Abu	TEACHER
75	Ssebagala Swaibu	TEACHER
76	OPIO JOSHUA	TEACHER
77	ALIGUMA Ivan	TEACHER
78	ALIGUMA Wilberforce	TEACHER

	NON TEACHING STAFF	POSITION
1	Awor Jennifer	SENIOR BURSAR
2	Wamara Frank	BURSAR
3	Burali Fatumah	RECORDS ASSISTANT
4	Tibaijuka Beatrice	MATRON
5	Asiimwe Joy	MATRON
6	Namulondo Sarah	SENIOR TYPIST
7	Sakaru Betty	TYPIST
8	Kyaligonza Fred	LAB TECHNICIAN
9	Sanyu Emmanuel	ESTATES & GENERAL DUTIES
10	Okumu Patrick	LIBRARIAN
11	Achan Winnie	SENIOR NURSE
12	Ayella Micheal	NURSE
13	Oyet Francis	ELECTRICIAN
14	Kyaligonza Moses	GENERATOR MECHANIC
15	SENYONGA DERRICK	SOCIAL AND MULTI MEDIA CO-ORDINATOR
16	Musinguzi Paul	SYSTEM OPERATOR
17	Omiya Alfa	PLUMBER
18	Abdul Razak Hanan Doka	FOOTBALL COACH

BEDGIU RASHID	DRIVER
YAKUHA DENIS	BUS DRIVER
ERUJJA PATRICK	BUS CONDUCTOR
kecha Gino	HEAD GUARDS
ndama John	GENERATOR OPERATOR & GUARD
kum Benard	GUARD
mara James	GUARD
circhan Darius	GUARD
Iunduga Ismail	GUARD
PAR ALEX	GUARD
rop Denis	HEAD COOK
isembo David	MACHINE OPERATOR & COOK
uma Robert	MACHINE OPERATOR & COOK
hata Charles	COOK
NYUTHIFUA FRANCO	COOK
dota Jimmy	COOK
DAMA DAVID	COOK
Iyiyochan Beris	COOK
LITI COSMAS	COOK
li Aldria	CLEANER
nirwoth Hellen	CLEANER
ngupale Gasper	CLEANER
amwa Agnes	CLEANER
ahemuka Julius	CLEANER
ERIGA SWAIBU	CLEANER
sega Mike	CLEANER



Message From Head Prefect:

Oyanga Obed as the Head Prefect of this mighty school Kigumba Intensive Secondary School with great pleasure would like to thank the Almighty Father for the gift of life He has granted us, not because we are so worthy than those who have departed from this planet, but rather because of His mercy. Secondly my highest gratitude goes to the school administrators, the staff members, the editors of the KISSMAG, the student council and the entire student body at large. In the same regard I would like to salute all of you and welcome you to this year's fifth edition of the KISSMAG with the main theme of "knowing your worth". The theme here means that one has to know his or her value. I as student's leader would like to encourage each and every student to admit that he or she has got a talent or has been gifted and all he or she has to do is to work hard and identify it. I would also like to say that it is not a guarantee that one must succeed only through academics as we have seen. The

world has witness several famous people you may ever talk of doing wonders in the fields of football, athletics, music and drama, to mention but a few. For instance; Chris Brown, May Weather, Hussein Boit, Cristiano Ronaldo, Hazard and many others.

You too can as well excel in any field you feel you are talented in provided you have identified it. I still emphasize that never surrenders however difficult the situation may be. Always remember that success belongs to those who work and fight for it and the "goal of socialism is communism" said Vladimir Lenin. Now dear students you need to know that "Books serves to show a man that those original thoughts of his aren't very new at all.

To the parents, it is not enough to train today's work force. We also have to train tomorrow's work force by guaranteeing every child access to the world class education bearing in mind that money is not the



**ONYANGA OBED.
HEADPREFECT**

PREFECTS 2018/19 KISS



DEPUTY HEAD PREFECT



Would like to thank Almighty GOD for the year's KISSMAG edition and the editorial team for the publication. Not forgetting the tireless work of the school administrators and the teachers we are honoured for your work. It's because of you that we are proud and shall forever remain proud intensivians. As this year's theme, "KNOW YOU WORTH" I am glade and honoured to convey to you the following

To my dear fellow students, the path way to attaining success is covered with thorns and it is our duty to remove them. This can be achievable through having a positive attitude, self-acceptance and the fact of realizing that we are precious, valuable and unique. Avoid procrastination, remember that the road to failure is littered with excuses and while you are busy making excuses, someone else is busy making progress. Always stand out when others are standing, become outstanding when others stand out and become the standard of reference when others become outstanding. Know that you are capable of achieving what the successful one have achieved. Success is the sum of small efforts repeated day in and day out. Success is like a ladder that you can't climb

with your hands in your pockets. It is only in the dictionary where success comes before work. Work hard, it pays!

To the parents, value and love your children and encourage them to do the same to themselves. Tell them they are capable and unique of doing unique things, since their foot-prints on the moon that makes the sky no limit. It is you who know them better than they do.

To other fellow student's leaders, the greatest leader is not necessarily the one who does the greatest things. He is the one who gets people to do the greatest things. He takes a little more than his share of the blame and a little less than his share of credit. Leadership is full of hardships because it is the capacity to translate vision into reality.

Once again, I am honored to be an INTENSIVIAN and I will always strive to set the trend so that am second to none and ever victorious.

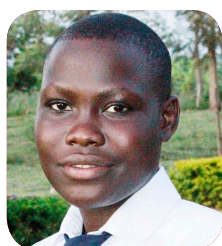
Once an intensivian, always an intensivian and will attain the knowledge for prosperity.
FOR GOD AND MY COUNTRY.

MAZIRA MARYLINE GORRETY





ONYANGA OBED.
HEADPREFECT



MAZIRA . GORRET.
ASS.HEADPREFECT



OLAMA EMMANUEL.
CHAIRPERSON UNSA



JACWICONGEY MERCY
VICE CHAIRPERSON UNSA



OGWAL DAVID KIZITO.
SPEAKER



KITIMBO ALLAN.
EDUCATION AND INFO.



ADYEE SARAH LUKE.
HEALTH AND SANITATION



KATO JOSHUA.
COMPOUND AND FUNITURE



OYETE BOSCO.
HEALTH AND SANITATION BOYS



OTEMA JOEL.
CO-CURRICULAR



ASIMWE WINNIE.
ASS.INFO AND EDUC



ATIMANGO FLORENCE
D.C G1



ATIMANGO GLADYS
D.C G9b



ATUGONZA JUNIOR.
CLASS CAPTAIN



AUMA WINIFRED
CHAIRPERSON GREEN



AYESIGA BRIAN.
GEN SEC.UNSA



AYESIGA DICKSON.
ASS TIME MANAGEMENT



BASHABE PROMISE.
ASS.HEALTH AND SAN



EBONG GEOFFREY WALTER.
CLASS CAPTAIN S2S



IFWA ROSE.
D.C G9a



ANENA PEACE APILA.
ASS.COMPOUND



KAI TAP.
ASS.WELFARE BOYS



KARUNGI MARION
SEC WOMEN AFFAIRS



KASEMIIRE TRENA.
ASS.CO-CURRICULAR-GIRLS



ASIMWE ROSE.
WELFARE-GIRLS



KAYLAR PROSSY.
GEN.SEC GREEN HOUSE



ADOKO RONNIE.
FINANCE SEC.UNSA



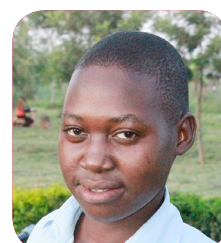
KOBUSINGE PHIONA.
MOB.SEC ORANGE



KYOMUGISHA JOSELYN.
CLASS CAPTAIN 5X



LWEGABA BRIAN.
CLASS CAPTAIN S5ARTS



ANEK SANDRA
D.C G8 -



ALOYO VICTOR.
D.C G2



APIO VICTORIA OGUTI.
ASS.WELFARE GIRLS



AKULLO DAPHINE
JELLY.FINANCE SEC.



MUGISA GILBERT
D.C B6



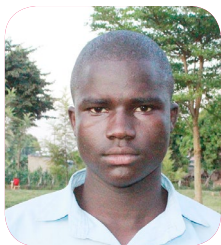
MUGISHA EMMANUEL.
CLASS COUNCILOR S2



MUTERANIZI EWEN
D.C B5



NYACHAR MARY JOHN.
CLASS COUNCILOR S3



OKAKACON DICKENS.
CAPTAIN S1E



ODOCH LOUIS.
D.C B4



OGALI DENISH .
WELFARE-BOYS



MUNGUNGEYO JOB
.CLASS CUNCILOR S5



OJOK RICHARD OKENE.
GEN.SEC.ORANGE



OKOT ANDREW OKECH.
ASS.CO-CURRICULAR



MUSIIME IVY.
D.C G7



OLARA EMMANUEL.
CLASS COUNCILOR S1



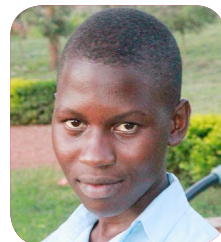
ONGALA JUSTUS INNOCENT.
DORMITORY



OTURU TOM IVAN.
D.C B9



WANDA JUNIOR.
GEN.MOB SEC.RED



RUKYA TWAHA
ASS.D.C G9a



THUDAN SAMUEL LOT
CAPTAIN S1S



WAKURWOTH MIKE.
CAPTAIN S2N

KIGUMBA INTENSIVE ANNEX PREFECTS 2018/2019



Bafuruka Deborah
Head Prefect



Juliano Natiso Ohiso.
Deputy Head prefect



Deng Timothy Kuol
Chairperson UNSA



Kaka Sarafina .
Vice Chairperson UNSA



Komagum Lucky.
Co-Curricular



Mutiti Brian
Health and Sanitation



Dalil Muhamed



Odong Paul.
Time Keeper



Doroka Tabitha .
Vice. Chairperson Orange



Edema Richard .
Info & Publicity UNSA



Elijah Alberto
Chairperson Red House



Josephine Juana
Finance Sec. Red



Akongo Daphine
Estate Prefect



Atuhura Penina.
General Sec. UNSA



Okello Willy.
Ass. Welfare Prefect



Lakica Oliver
Finance Sec. Green



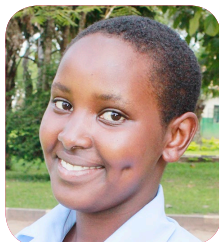
Lubega Shafique .
Ass. Educ & Info



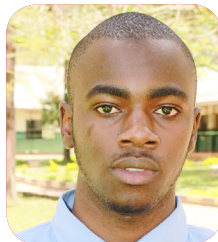
Mader Duop .
Chairperson Orange



Malet Simon .
Mobilisor Red House



Miremba Sherry
Vice. Chairperson Red



Ochola Emmanuel.
General Sec. Green



Mwaka Emmanuel
Welfare Prefect



Nasasira Harvad
Mobilisor Orang House



Ochira Stephen Ben
Finance sec. Orange



Akor Emmanuel.
Ass. Time keeper



Akello Winifred
Vice. Chairperson Green



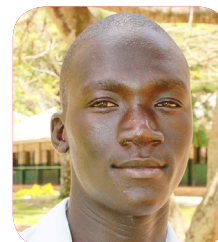
Ajok Susan Toolit
General Sec. Orange



Oketayot Tonny
Educ. & Info.



Onen Ivan Elfidio
Finance & School Affairs



OnenChan Francise .
Chairperson Green



Baguma Emmanuel.
Ass. Co-curricular.



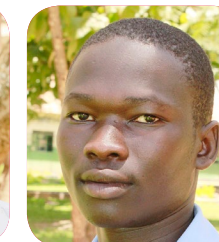
Ayoo Dorcus
Ass. Estate Prefect



Anena Gloria.
Sec. Women Affairs



Anyidi Saviour.
Mobilisor Green



Opio Gerald
Finance Sec. Red House



Acuda Jonan.
Class Capt. S.1



Adok Emmanuella .
Ass. Health & Sanitation





Articles



Read me carefully and reason ok!!!!

G- Genuflect
I - Intelligent
R- Restricted
L- Lovely
Dear students,

Grief is kind like a forest fire, except we cannot prevent it. If you love someone, there will come at a time when you will grieve. Grief usually comes when you least expect it, and its damage is as ravaging to the soul as a fire into a forest.

Its call consuming

It's an out of control, fire that won't stop until it seems there is nothing left to burn.

Once the flame is gone, it seems as if our life has been smothered in a heavy coat or soot and ash.

The charred remains of our hopes and dreams are but a distant memory.

What once was so beautiful and so important in our life is now gone.

Oh how sorrowful this is!!!!!!!!!!!!!!

Anena Jass S.4



EDUCATION

You are always the only key to success.

Whoever is closed to you is always a successful person in life

You make us to be informed and at the same time avoid ignorance.

Education thanks for the good foundation that you have laid to us

Because if it could not beyond, we could be illiterate whereby we could not read and write.

COMPLIED BY ACIRO MERCY S.4.N



Road to success

TO MY DEAR TEACHERS

When you develop the ability to listen without loving your temper or confidence, you are educated.

When you miss any opportunity, don't fill your eyes with tears, they hide their opportunities ahead of them. Full stop is not the real end; we can add a new sentence after it.

In life failure marks the beginning of success.

COMPLIED BY ACHOLA MARIAM

Dear teachers,

You are the ones I truly desire, someone who turns my dreams to gold. It is because of you that I have come this far.

Your sacrifice your time to come and impart knowledge in me just because you want me to be a great person in life. You are always available though I always get fed up of your faces; you are the cause of my advancement in life.

Enyi wenzangu wote!

Saa imefika tujuwe umuhimu wetu
Kuwa na lengo maishani mwako
Soma vitabu na fanya kwa bidii zaidi
Bila kumsahau kumwomba mungu wako
Ninajawa na uzuni mwingi sana nikiona
wale wasichana
Ambaye wanakubali wavulana kuwa haribu
maisha
Nihuruma sana kwasababu baada yakuwa
mjamzito
Wanaachwa wenyewe wakiteseka
Sasa kuepuka izo zote, tujilinde vizuri
Na tujuwe umuhimu wa maisha yetu
YA MUNGU NA NCHI YANGU
Ninabaki

APIO VICTORIA OGUTI
Senior Two North



THE ROAD TO SUCCESS

The road to success is not straight. There is a curve called failure, red lights called enemies. However, we as human beings have to find our own routes to reach our respective destinations. If you have your pump called intelligence, engine called faith, indicators called determination not forgetting the great driver called God, then you can make the road to success straight. After struggling for all this, pray to God to make your enemies live longer so that they see your success and achievement
SCOVIA AYENGA S.5X

JUDGE ME AS I AM

Judge me as I am not as you think
Take me as I am not as you wish
Judge me as I am not as they tell you
Judge me for what you have done
Not for what you expect me to do

When I get you, I am bribing you
When I pass next to you, I am bragging
When I am loved, I am not cooperated
Judge me rationally not emotionally

When I smile, I am wooing you
When I don't, I am dark hearted
When I am serious, I am ugly
When I am talkative, I am a liar
When I keep quiet, I am ignoring you
When I answer you, I am rude
Judge me as I am, take me as I am.

When I look straight in your eyes, I am scary
When I don't, I am shy
When I dress casually, I have borrowed
When I dress smartly, I am showing off
Reward me for my good deeds and correct me for the wrong ones

When I become innovative, I am over ambitious
When I make a mistake, I am a fool
When I give out, I am extravagant
When I don't, I am rigid, please
Judge me for what I do not for what you expect me to do,
Judge me as I am.

COMPLIED BY: ALINAITWE JULIET



JUST FOR LAUGHS.

Two policemen were chasing a thief, the thief ran into the cemetery, he stripped himself naked and sat on a grave. When the policemen saw him, they asked him, "Have seen a man running in here?" he replied, "I haven't seen anyone yet, I have also just come out to get some fresh air because it's hot down there. The policemen took off without looking behind....!!!

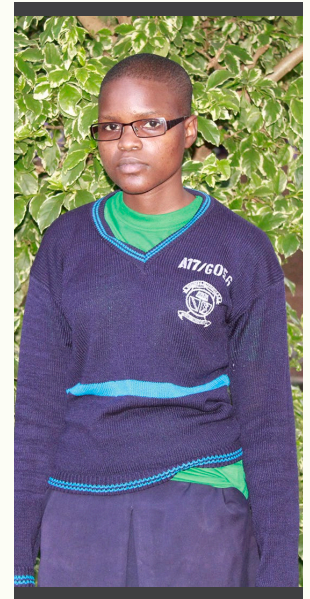
JANE PERSIS

WHAT IS LIFE?

One morning I woke up and asked myself what life is all about? The answers were in my room.

The fan said; be cool, the window said; look out the world, the ceiling said; aim higher, the calendar said; every day is precious, the wall clock said; every minute counts, the mirror said; reflect on your past and the floor emphasized; kneel down and pray.....!!!!

JANE PERSIS



POWER OF EDUCATION

In this world if you want to know the power of education

You must have a strong believe in your self
Because if you fail to believe in your self
You might lose your opportunity of becoming some one
In future

So you have to be so confident in order to achieve your heart desires

In order to avoid being blown off by the strong wind

Which may become an obstacle in your entire life

More so the girls to know that education has a power

You have to say NO to what may make your life miserable

Cause in the world of today what a man can do a woman can also do it better

Only if you know your worth

By KACWINYRWOTH MARY MAURINE



ONE THAT CAN MAKE A CHANGE

One tree can start a forest
One smile can start a friendship
One hand can lift a soul
One candle can wipe out darkness
One laugh can conquer gloom
One hope can raise your spirit
One touch can show you care
One life can make the difference
BE THAT ONE TODAY

COMPILED BY: KYOSABA JOSEPHINE

THE HOLY ALPHABET

Although things are not perfect
Because of try and pain
Continue in thanks giving
Do not begin to blame
Even when times are hard
Fierce wind is bound to blow
God is forever able
Hold on to what you know
Imagine life without His love
Joy would cease to be
Keep thanking him for all the things
Love impart to thee
Move out of camp complaining
No weapon that is known
On earth can yield power
Praise can do alone
Quite looking at the future
Redeem the time at hand
Start every day with worship
To thank is a command
Until we see him coming
Victorious in the sky
We shall run the race with gratitude
Xaiting god most high
Yes, there will be bad but
Zion waits in glory where none is ever sad
KIMULI MONICA S5 X
BCM/ICT



KNOW YOUR WORTH through Anger Management

Anger is one of the most common and destructive delusions. It distresses our minds almost every day. For a minute, you are angry; you lose 60 seconds of your happiness. Holding onto anger is like grasping a hot coal with the intend to throw it at someone else. You are the one who gets hurt when you are angry. You may, or you are likely to miss opportunities, make mistakes and take action that you may later regret.

An angry person is always full of poison and negative thoughts and it brings out a lot of negative energy. People who lose their temper regularly will always be in stressful situations. The key to a healthy body is a calm head. Don't do something stupid just because you are angry. When a man is stung by a bee, he doesn't set off to destroy all the bee hives. You need to control anger before it controls you.

MAIYA PRISCA

S.6 ARTS



SELF ESTEEM AND CONFIDENCE

Life is not easy for any of us. But what of that, we must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and this thing, at whatever cost must be attained. It is always not about being the best but rather better than yesterday. Courage doesn't always roar. Sometimes courage is always the quiet voice at the end of the day saying, "I will try again tomorrow". When you face difficult times, know that challenges are not sent to destroy you. They are sent to promote and keep you move on. There are extraordinary challenges in life that makes us think maybe we are just cursed, but I tell you they are all to strengthen us, to make us be precious, courageous and unique. Acceptance is a natural factor that comes out of realization. Never give up. Normally it's the last key on the ring that opens the door. Confidence comes not from being right but also succeeding and not fearing wrongs. Shyness has a strange element of narcissus. Always remember you are braver than you think; just know that you are special. Those who talk behind your back are just not tall enough to see your future and all you need to do is pay a deaf year to them and move on. You are not a product of your circumstances' but a production of your own decision. Reach high for stars hidden in your soul, dream deep, for every dream precedes the goal.

Mazira Maryline

KNOW YOUR WORTH

Know your positivity, negativity, secret, strengths and weakness. Have ability to realize your faults and correct them as well as being self-drive. Stop complaining always and take actions. If you want to do something, don't wait for someone to do it for you. Never accept people's opinion to define you. Focus on your progress. It does not matter where you come from but what matters is where you are heading to. Do things for your own grace. Never stop learning and bothering yourself about your success. Don't be afraid of changes and what people say about you, just hardens as well as the changes are better. Finally, yourself first not in a way of being proud but because you care for your own happiness not for anyone

Natamba Kellen S.3N



QUOTES TO REFLECT ABOUT

Whenever you find yourself on the side of the majority, it's time to pause and reflect (mark twain)

Setting an example is not the main means of influencing others, it's the means (albert Einstein)

"Education is the pass port for the future for tomorrow belongs to those who prepare for it today" (malcom X)

"Education can't make all of as leaders, but it can teach us which leader to follow (Abraham Lincoln)

"Give me six hours to chop down a tree and I will spend the first four hours sharpening the axe" (Abraham Lincoln)
The things I want to know are in books, my best friend is the man who will get me a book to read (Abraham Lincoln)

When you want to fool the world, tell the truth (Otto von Bismarck)
Happiness lies in the joy of achievements and the thrill of creative effort (Franklin D Roosevelt)

BY Odongkara Henry And Ocen Brian Bright



POLITICS

A pregnant woman was in labour. She later gave birth to an Ogbanje. The Ogbanje had some few question for the nurse who helped deliver it below is their conversation.

Ogbaje: Is this Uganda?

Nurse: Yes

Ogbanje: Is museveni still the head prefect

Nurse: Yes

Ogbanje: is police still using tear gas to frustrate the opposition leaders?

Nurse: Yes

Ogbanje: Corruption still exists

Nurse: Yes

Ogbanje: What of nepotism, still existing?

Nurse: Yes

Ogbanje: has age limit bill removed?

Nurse: No

Ogbanje: Has OTT and mobile money tax been removed?

Nurse: no

Ogbanje: Aaaaaaah..... I wanna be born in another country

NB: if you do not know ogbanje go and read things fall apart Chinua Achebe



FRIENDS

A candle can illuminate an entire room but a true friend lights up the entire life time. We cherish our friends not for their ability to amuse us but for our ability to amuse them so take care of yourself because it is not worth loosing you. Test friendship only comes when you part ways and you realize that despite the distance, the friendship is and will always be there.

Odongkara henry S 5A AND

Ojok Ronald Pope S 5 X

ALL ABOUT MAMA

Dear friend,

It is always good to know

I am not alone everywhere I go

Even while on the road

Burdens may increase my load but when you

Prove your care

Then I can endure

I may not easily pass

I may not accept it so fast

But when things get tough

And you make me laugh

Then I will stand strong

And will prevent my heart from wrong

I cannot promise you

In easy pathway

That leads away from change or growing old

But I can promise

All my heart's devotion

A smile to chase away your tears of sorrow

A love that is

Ever true and ever growing

A hand to hold in yours each tomorrow

Could you be that friend?

ONABEDI ISAAC S.4

Why Did the Hand and The Leg Feed the Stomach?

Long time ago there was a woman who produced three sons. Their names were Leg, Hand and Stomach. One day, the woman decided to visit their sons one by one. She started with the LEG, who was the first born. On her arrival, her son didn't welcome her, and she left for the next village to the next son the Hand. She

was not welcomed by the son again. Her last-born, stomach, welcomed her by preparing for her a delicious meal and soft drinks. When she was about to leave, she informed stomach that his brothers didn't welcome her, he replied yes of course you would be their boss. That's why the hand and the leg worked very hard to feed the stomach.



HARD WORK MINUS LAZINESS LEADS TO SUCCESS

Dear mighty students of KINT SS, I have some piece of advice for you that lets work hard as we used to work those days when we were born. Remember when you were young, you weren't going to walk if by then you had failed to work hard. They sing and sing for the progress of KINT SS. My fellow students as the teachers promise to leave no stone unturned for all students to pass as long as you are courageous and you mind of your studies considering background.

I have some announcements for 'O' levelers and it goes as follows

Mr. Mathematics announced for the death of their beloved mother Ms. English which happened at the UNEB Centre. The announcement goes to the following;

Mr. Agriculture who will provide land for burying their late mother, Mr. History who will avail her history and call upon Mr. Chemistry and Biology to narrate to people what caused death to their mother. Though commerce and entrepreneurship struggled to supply money to help at the hospital but by bad luck, she died and they are also being requested not to give up and supply more money for the burial. Mr. Mathematics is being requested to take measurements and give Mr. Fine Art to make a coffin, Mr. Physics to console the mourners. Lastly, Mr. CRE has been requested to give out the word of God as well as present prayers to Almighty heavenly father depending on the proverbs that "there is time for everything". May her soul rest in Class room in peace Amen.

Implying that, a moment you perform poorly in English, all subjects will be useless considering linking subjects like Commerce so never make a mistake. As the say "my mistake is your correction", I hope you are correcting some body's mistake to have a bright future, remember that the future starts from now.

Thanks.

AJOLI JINO JANUZAJ OCOCIA S5A

Many people think that when they fail in anything, they will fail forever in everything. But it's not true, there is a room for improvement.

Remember that failure is a step to success, and no one succeeds before falling if you put God first, books second, then leisure last with prayers and hard work, you can achieve your goal!

If others fail, don't think that you can also fail. Do your best and make a change in them, show them that there is nothing impossible. Some always try to discourage in making your dreams come true because they see others failing or themselves have failed.

So my dia friends, it's never too late.

Compiled by ANENA peace APILA

S2 NORTH

WORDS OF WISDOM

Seven things that LORD hate and cannot tolerate

1. A proud look
2. A lying tongue
3. Hand that kill innocent people
4. A mind that thinks up wicked plans
5. Feet that hurry up to do evil works
6. Someone who strip up, trouble friends
7. A hypocrite.

So my brothers and sisters, know who you are and hurry up to change because the LORD hate those who disobey Him.

COMPILED BY ANENA PEACE APILA

S2 NORTH



MAMA!

Oh mama!

Day in day out

You struggle

No matter what the hustle

In sickness and in health

In a storm or a breeze

You are there all the time

Oh sweet mama!

Today, tomorrow and for ever

I will love you

For you are there for me

In pain, joy and sadness

You always bring me happiness.

Oh mama!

How can I ever repay you?

There's nothing equal to you

I pray to God always

To protect you my sweet mama

Because all you have is unconditional

Love, care, anger, pain, sacrifice, time

All, all for me



Oh mama, mama!

How I love you

How I thank you

How I trust you

How I admire you

And how I want to be like you

Oh my sweet MAMA!!!

BY MUGISHA GILBERT

S3 SOUTH

OLD STUDENTS' ASSOCIATION



Intensive old Students having fun at Lido beach during the Fresher's welcome party. This happens annually.

*Special message to the current students
Time is one priceless resource. You just don't realize how time actually flies!!*

KISSOSA is Kigumba Intensive Secondary Schools Old Student's Association, with subsidiaries of KIOSA-C and KIOSA-N. I will focus on KIOSA-C whose core objective is to unite all Old students from the intensive secondary schools in higher institutions of learning and in Central Uganda. It also includes students in the larger Eastern and Western Uganda. By default, every old student is a member. This is affirmed by an annual subscription fee.

Today, more than ever, Intensive boosts of hundreds of students in higher education, thanks to the academic excellence since the school's existence. KIOSA-C was formed in 2011 and has seen a steady growth in membership today spearheaded by a talented, ever committed central executive. It's this central team that keeps the candle burning, and when it's your turn (because your turn will surely come even if you are still in S.1), carry it on diligently. We are privileged to announce Mr Soro Crispo as new patron KIOSA-C, and appreciate the continued guidance and

support of the senior administration of the school and KISSOSA.

The Annual KIOSA-C calendar has the retreat to Kigumba and welcome party for year ones (freshers) as the key events. In between these events are regular meetings in each main campus, get-togethers, and visits among others. Intensive Schools, through KIOSA-C continue to support their old students. Communing together strengthens networks and can be of value in solving challenges that arise while in school for example in case of illness, theft, tuition challenges, general wellbeing among others. These, over the years have continued to bring the intensive student fraternity together. Information about the on-going activities can also be accessed on various media platforms such as Facebook, twitter and Whatsap. Ask to be added to these platforms

Special message to the current students
Time is one priceless resource. You just don't realize how time actually flies!! A few years ago, we were just like you. In fact, I must say you are more privileged than we were. The facilities at our great school have improved greatly and thus there is all that is needed to process and

furnish the lawyer, doctor, journalist, entrepreneur, dentist, pilot, leader (name it) in you! Use your time creatively. Discover and create the person you admire. We believe that you will achieve that you've worked. KIOSA-C welcomes you, as surely we are confident you will overcome. KIOSA-C's continued existence is solely on the premise that it will continue to unite it's old students. Thus, members should take it upon themselves to drive the association forward as it is all-inclusive. The stereotype that it belongs to only universities is venom. All institutions are inclusive I must stress. In institutions of over 40,000 students, most people are strangers. The immediate associates are thus the old students enroll and actively participate in KIOSA-C and the rest will be history. "We shall protect each other away from home" is KIOSA-C's unwritten creed.

OKELLO EMMANUEL
HUMAN NUTRITION YEAR 3, Makerere University, Kampala
KIOSA-C Chairperson 2018/2019
+256 775 516 112,
emmanuelokello@yahoo.com



A section of KIOSA-C central executive committee briefly after a meeting at the freedom square in Makerere University in 2018



Guests, including staff from Kigumba Intensive schools and KIOSA are treated to a luncheon at guild canteen, Makerere University during the fresher's welcome party.



The old students continue to support the current students. we wish you success in your exams. May you flourish to join higher education

KNOW YOUR WORTH!

Put more emphasis on what you want and avoid settling for less than what you deserve. Always engage and pursue meaningful relationships with the people who know your worth.

Dear readers,
I greet you all. I'm exceedingly humbled to be a participant in this edition of KISS Magazine for the first time. Aware of the theme of this edition, it does no harm to share with you some new developments as a computer scientist as the world is getting more global; some of the tips are just the salt to make your food tasty. After all, it is useless to begin looking for a mat when you have not yet secured the ground to spread the mat on. But I must repeat that I am delighted to lay my hand on this rare opportunity to contribute to the KISS Magazine with the subject "know your worth". Is it possible for you to link it to the argument by many experts of computer science just to spice and revolutionize your thinking as you wonder about the fact that the world has become indeed a global village? Instead of competing with fellow human beings, sooner or later you will compete with the result of advancement in technology. The old saying that "God made man, man made money and, money made man mad" seems to be catching up in the world of technology. Just as it surprised some people during the industrial revolution, I don't want it to catch you by surprise in this era of "e-revolution." Authorities have said it already that individuals, institutions or companies work and productivity will be maximized by non-humans. They have foreseen that efficiency will be increased and operational costs reduced when it is no longer human beings that are sometimes lazy and, get tired are the one doing most of the work! That is why I warn you although it's getting rather late already. Embracing technology is the best option of clinging to the rope of life, perhaps an option to survive and compete. This KISS magazine has provided me with the opportunity to warn you early of this changing dynamics in life, work place and, who knows, maybe how to continue living after this life! The robot seems to have come to stay and replace human labor. One wonders when they begin reproducing young robots and, when the

old ones refuse to die! Indeed they will be too many, outnumber human being and take up all their jobs and space. The good news is the fact that those who will have embraced the e- technology will continue to survive and remain "helpers" to the robot! Not so bad indeed as all will not have been lost. It is against this backdrop that I find it paramount to advise you to quickly and passionately appreciate and embrace technology. May be you better know your worth in the changing dynamics of today's technology driven world, the e – world, that others are looking forward to cash less transactions. Yes, - no more handling hard cash!

Back to the theme for this edition of the KISS magazine "Know your worth", I would like to advise every reader of the magazine actually to know his or her worth. Perhaps you need to stretch a little more to know your value and what you stand for. Put more emphasis on what you want and avoid settling for less than what you deserve. Always engage and pursue meaningful relationships with the people who know your worth. This is because your time, energy, love and other intellectual resources are very valuable. Recognize that you don't need in any way too many people around you to be happy. Settle for a few real ones. Yes, - a few real ones who appreciate you for who you are. Remember, "no one else is actually you." That should be your driving power. This means that you should grab the chance, take risk, hold onto your power, and strive hard to be yourself, find that passion and indeed, - know what you are really worth! Perhaps if you find yourself constantly trying to prove your worth to someone, then know that you seem to have forgotten your value! Never employ any yard stick to measure your self-worth, especially what they think you should have been. But you should remember that when your self-worth goes up, the same applies to your net worth. In any case you chose to double your net worth, then you have the ticket of doubling your self-worth. Any great thing that you do tomorrow starts with the very small steps you take today. At the back of your mind, note that the long journey to success requires great



sacrifices, immense dedication and tolerance. There is need for concerted efforts tied to a high level of motivation if you are to stand the test of time. Always have someone to lean on, as it may be an inspiration if you are to climb the ladder to the height that you desire to reach. A kind of a role model that is a real, real model in the sense - is actually what I mean. However when presented with any situation that tends to hold you down, know that this is the time you need to move on. Just some caution for you, sometimes walking away has nothing to do with weakness! Indeed, many have argued that it has a lot to do with strength instead. The argument is that we walk away not because we want others to realize our worth and value, but rather, because we have finally realized our own and, known our worth.

Finally, there is this wisdom, that we must continue to live a life not geared towards living today only, but to exist after existing and exiting this planet earth. Yes, - our footprints should be able to exist long and longer, even after our existence has ebbed out. This is when we can say that we have well grasped the reason for existing. It is when the reasons have adequately informed our decisions, directed our thoughts and actions and led to unveiling our true worth when we leave those after us with some history to tell. Other humans have done it and I consider it a big cheating to yourself if you can't do. I hope you find it inspiring as you scan through this piece. Stay safe and be blessed.

Thank you.

Okello Walter Smash,
Managing Director,
Dreamscom Technologies Ltd,
1st Floor, Bygon Building, Maruzi Street, Lira Municipality, Uganda
"Providing ICT Solutions"

10 skills you should learn now and instantly grow your worth.

SUMMARY

For your value to raise – you must have a valuable skill set. A skill is that particular thing you don't need to consult to do. You are actually consulted on how to do it. I strongly believe that an individual can start developing some skills as early as 5 -10 years. So the excuse that let me first reach campus is wrong – start developing your skill set and your value will keep on increasing with you.

By Derrick Senyonga

I have over the time received calls and requests from my friends, relatives and sometimes strangers asking me to get them what to do. They say they need a job. My first question is always; what can you do? and it a question every job seeker should answer with ease. Most people bluntly tell me, I can do anything. Very few know what exactly they can do and what they can't do. To make matters worse, some even don't know how much they should be paid for a particular tasks or jobs. They are too desperate to accept any money that comes their way. I am not saying that you should reject money because it is small – go in and prove that you deserve more. Good employees don't look for jobs, jobs find them.

For your value to raise – you must have a valuable skill set. A skill is that particular thing you don't need to consult to do. You are actually consulted on how to do it. I strongly believe that one can start developing some skills as early as 5 -10 years. So the excuse that let me first reach campus is wrong – start developing your skill set and your value will keep on increasing with you. Ever wondered why some people earn more than others yet they are of the same level? Skill – those people perfectly answer the questions of what can you do? What do you bring to the table?

I will today highlight 10 skills from my research and experience that I believe anybody can have. You can decide to have all of them, perfect in one or two but be rest assured, if you master even one – your job hunting will become easier and so will job creation.

1. WRITING

Many of us cannot clearly express themselves through writing. Writing is a widely used form of communication in almost all organizations. Good writers rarely fail to get jobs. From being a journalist, a secretary an administrator among others. There are plenty of writing opportunities, poetry, script writing, documentation, blogging, social media influencing among others. You should start honing your writing skills right away. To be a good writer, you must be able to pay attention to detail. Develop this skills along other verbal and non-verbal ways of communication.

2. Computer knowledge

I was amazed one day while training a group of 4th year students at the Department of Journalism and Communication, Makerere University that some students didn't know how to open Microsoft Word, Excel and Powerpoint. Like how can someone going into job hunting that very year fail to have basic computer skills? Folks, if you can't use at least 3 programs from the Microsoft package, you are sitting on a time bomb. Microsoft should be learnt, if late, in your P7 vacation. There is a lot to learn to start concentrating on basic things like Microsoft in your S6

vacation or beyond. If you haven't started, just do – it is better late than never.

Technology has fully immersed itself in every sector today. Using the internet is becoming a must know. Many people are getting fired for simple things like not knowing how to send/respond to an email. Intensive alone has started digitalizing, this is happening everywhere. Forget the norm that technology is for the rich. It is for all across divides. Being a digital expert, I deal with as less paper as possible. Get trained in how to use the internet, know how to Google search and get information, using social media platforms, Youtube and if you can websites. Do not ever fight technology, it is here to make things easy and better embrace it before it swallows you. The funny bit about technology is the more you want to learn it at an advanced age, the harder it becomes because developers are not sleeping – a new thing comes to the market almost every day. Before I leave technology, you can also learn on how to manage social media (majorly Facebook & Twitter) and websites. These are jobs you can perform without physically being present and a requirement in many job descriptions today.

3. DRIVING

White collar jobs these days come with extra responsibility of driving. Companies are cutting costs and want to hire one who can do it all. Considerate ones will provide you a driver. But imagine an interview process where a colleague edges you out because of driving. And since most of us desire having our own rides, there is no loss whatsoever if in your S6 and S4 vacation (if you are already 18) learn how to drive and get a permit. By the way, you can also get a driving job.

4. MOTOR REPAIR

Now if you really know how to drive, or as you are learning – how about you also learn how to repair motors i.e vehicles and cycles? This can be done as a basic or for purposes of employment or business. You can actually just learn basic things like changing a tyre, oil, replacing bolts so that you never get stuck along the way.

5. KNOW A FOREIGN LANGUAGE

With the current wave of globalization, it is essential if you can learn another foreign language. French, Swahili and Chinese are the international languages. Some jobs have it as an essential to have knowledge in a foreign language. If you want to work in embassies, UN agencies among other international bodies, enroll for a foreign language whenever you get an opportunity.

6. MULTIMEDIA

(VISUAL)PRODUCTION(PHOTOGRAPHY, VIDEOGRAPHY AND GRAPHIC DESIGN)

In communication, we use visuals more than text these days. Therefore you can perfect your art in one of photography, videography or graphic design. There is no harm in perfecting in all the above, like I did. You don't have to go to school to perfect in these. You can use your phone to learn. Remember it can take pictures and videos. Photo editing, graphic design and video software's are available online for free. If you must perfect in this area, the internet must be your friend. It has a lot of resources you can use to perfect the art

of visual production. You can ideally start perfecting in either of this from S1 to any stage.

7. COOKING

I have a Facebook friend called Balamaga Rogers who has built his niche as a chef. He only takes orders from his customers only during the weekends since he has another job. I am sure, he will quit and become a full time chef. He has used social media to grow his brand, you should also make use of social media for your business. Back to cooking, you can go learn catering as a hobby and for your family or for commercial purposes.

8. SEWING

Tailoring and design is another area with huge potential. Serious people, those who go and learn more than the ordinary are making money. Fabric is on demand, people must dress! If you can, learn tailoring and identify a niche (a niche is an area of expertise – specialization). Say you can decide to concentrate on men, children, women or all the above and in their different categories – school, official, casual, sweaters, wedding and introduction or African wear. All those categories have clients.

9. PLAY AN INSTRUMENT

This is for purely social functions or places. Places of worship, musical events among others. Knowing how to play instruments such as saxophones, guitars among others is not only a 'cool' thing but raises your value and worth in the community.

I will use this line to say something not entirely related but for space issues – let me put it here. Those of you with music or sporting interests, don't hesitate to improve them. Be disciplined and hardworking – talent rewards more than anything.

10. BUSINESS SKILLS

Very essential is business skills. Knowing how to create and not seek jobs. Knowing how to make clean money comprises almost all the above. People who have an opportunity to attend to a business, shop, stall, supermarket, hotel or any business, use the holidays to learn how these shops operate. Don't go in one sector, say the counter, tour all the sectors and appreciate what people go through to make money. While there, don't despise but use the opportunity to learn. Help in finding solutions to problems in the business - you will never be the same.

The skill sets are many, I can't exhaust them. These are skills I believe any secondary student can learn. Some can actually be learnt at primary level. I am glad some of these things are taught at Intensive schools. I am only imploring you to use your free time, holidays, weekends, vacations among others to learn something and improve your skills.

Derrick Senyonga aka Jelder is an old student who left Intensive as the best student Kiryandongo District in 2012. He is the acting Communications Officer of Intensive schools and a digital expert training online journalism and multimedia production at Makerere University, Department of Journalism and Communication. He is also the interim Vice Chairperson KISSOSA.

For those who want career guidance, motivation or any information or want to be trained in technological aspects (General computer knowledge, Microsoft Package, Internet, Websites, Social Media, Multimedia Production, Writing, Digital security among others), whatsapp or call 0706067878, email senyongaderrick@gmail.com, Facebook: Jelder Derrick Senyonga)



HOW TO BUILD SELF-WORTH

Self worth refers to the sense of one's own value as a person i.e. an internal state of being that comes from self understanding, self love and self acceptance. There are many ways for a person to value themselves and assess their worth as a human being and these are beneficial psychologically. "it's difficult to make a man miserable while he feels worthy of himself" Abraham Lincoln
Self worth is steady and unflinching, and therefore

holds power to radically transform your life for the better. To have a high level of self-worth means having a favorable opinion or estimate of yourself. It means having unshakable faith in yourself and in your ability to follow through and get things done. Its means feeling deserving of happiness, health, wealth, success and love—irrespective of difficulties you face, the disappointments you experience, or of people's opinions.

But the question still remains, how do we go about building our self worth? What I would like to share with you is stepwise process for building self worth;

The self-understanding stage

The first step involves getting to know yourself at a deeper and more profound level. These means everything including your studies, friendship, possessions, relationships, accomplishments and anything else that is physical and tangible. Ask yourself;

What if everything I have was suddenly take away from me?

What if all I had left was just myself?

How would that make me feel?

What would I actually have that would be of value?

It's interesting scenario because how you feel about yourself after everything has been taken away is essentially the measure of yourself worth. i.e. who you are and how you see yourself are key to understanding your true value.

The self acceptance stage

Understand how you see yourself within the world around you. There will of course be good things neutral things and things that you might not be too proud to admit. However, to be genuine self worth, we must be real and authentic with ourselves at all times, this requires wholeheartedly acknowledging your true

nature including the good, the bad, and the ugly.

The self love stage

Having fully accepted yourself, it's now time to acknowledge your true value. This can be done by treating yourself with kindness, tolerance, generosity, and compassion. Practicing self love is to get into habit of speaking to yourself in a positive and supportive way; I feel valued and special; I love myself wholeheartedly; I am a worthy and capable person

The recognition stage

It's helpful to openly acknowledge and recognize that you no longer need to please other people. Other people have own opinions and they have their own life, you also have your own opinions and own life and no matter what people do or say, you alone control your own perspective and attitude.

The responsibility stage

The final step in the process involves taking full responsibility for your life, for your circumstances, and for your problems. To take responsibility means acknowledging that you have the personal power to change and influence the events and circumstances of your life.

In summary kigumba intensive secondary schools equips you with all these stages of self-worth if you are keen to rules and regulations give to you on day of admission. So please be as I was, to achieve dream goal after s4 and s6 respectively and join various higher learning institutions in Uganda and abroad.

I remain yours
OKELLO DAN LESSON
(MBChB III GULU UNIVERSITY)
CHAIRPERSON KIOSA-NORTH



YOU ARE A BIG DEAL

MUTONI AGNES

If I had a chance to be 15 again, I would be a more different girl than I am today, at 22 years. Not to say that am not proud of who I am today, but sure to say that I would be better. In the few years that I have toured this world, I have learnt to be out of my comfort zone. I have learnt things which I feel every young girl, somewhere in the world, should know.

I owe the world', is a motto I live up to. We are here in this world to make it better; to improve something about it every other day. A girl/woman has equal contribution to the world just as a man does. Each one of us, has unique gifts which we have to discover and bring them onto the light of this world. We are worth much more than we can

imagine.

A girl should not shrink her shine or shrink her abilities just to get approval of anyone. Your friends should appreciate you for your gifts and support you in a way that you do support them, as well. But if at any one time, you feel like someone is trying to dim your light just because it's shining bright in their eyes, then I believe he/she ceases to be a friend.

You are working every day to build your BRAND. Trust GOD, dress decently, work smart, Dream, achieve and Stand Out.

I like to say..... why wait to be first lady when you can be president yourself.



KIGUMBA INTENSIVE SCHOOLS



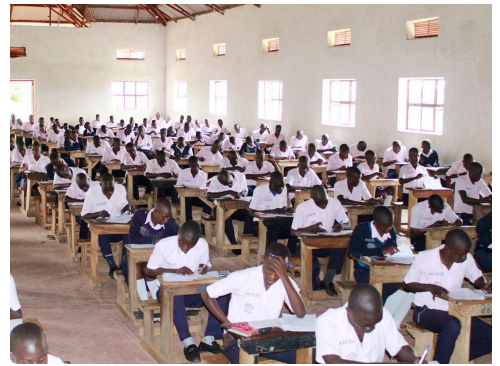
KISMAG 2018

33

Convocation

P

ICTORIAL



Practical skills



Academic wing





When old students come back home



Our female staff



Muchomo !!!!!



Visitation day



TEACHING CHILDREN Self Worth

JOVIA KATUSIIME - JOURNALIST/MOTHER
Studied At Kigumba Intensive From 2009 -2010

"It's also important to speak to your child in a way that develops his or her self-confidence."



One of the most important foundations for your child's happiness and success is self-worth. This means not only teaching them self-confidence (trusting their own abilities, qualities, and judgments), but also faith in themselves, pride, and self-respect.

A child with a healthy attitude about themselves and their abilities will feel capable of tackling life's challenges, both inside and outside the classroom. A good self-image will lead to good mental health, social happiness, and academic and professional success.

As with most things, one of the most important ways you can teach your child healthy self-worth is by leading by example—how do you carry yourself and speak about yourself and others around your children? Do you let your child see you work through your struggles, believe in yourself, and let them see you and participate in achieving your goals?

It's also important to speak to your child in a way that develops his or her self-confidence. Giving your child positive (and specific) praise helps them see that their hard work and efforts are recognized. It also helps them identify their victories and develop self-talk around those victories.

Here are a few more tools for inspiring self-worth in your child:

Help them learn to do things

Part of your child's self-worth is feeling confident in their abilities. Having the confidence that they are able to do things themselves as well as the confidence that, with practice and work, they can learn how to do anything, strengthens your child's feelings of self-worth.

When you are teaching your child something, such as how to tie a shoe, make a sandwich, put silverware away or learn how to write their name, remember that you're not just teaching them a physical skill; you're teaching them to believe in their ability to do something on their own and their ability to learn new things. The way you teach is important as well. If you step in frequently to correct or "help," then you're teaching your child that you don't believe in her or her ability to do things (which

will translate to them failing to believe in their own abilities). Instead, coach them through the challenge.

For instance, if your child is putting together a puzzle and says, "I can't do it." Instead of stepping in and attaching the next pieces for them, say, "I am so proud of how hard you are working on this puzzle! You've been able to put so many pieces together! Way to go! I can tell you're trying to find the next right piece... I see there's a lot of blue in the sky here... Maybe we can work together to try to find which other piece has that matching color on it." Help point out some of the pieces that don't have a matching color, and let them be the one to make the discovery of the right piece.

In this example, you're praising their hard work (an important part of teaching determination), as well as offering an additional tool for problem solving: look for matching colors when you're stuck.

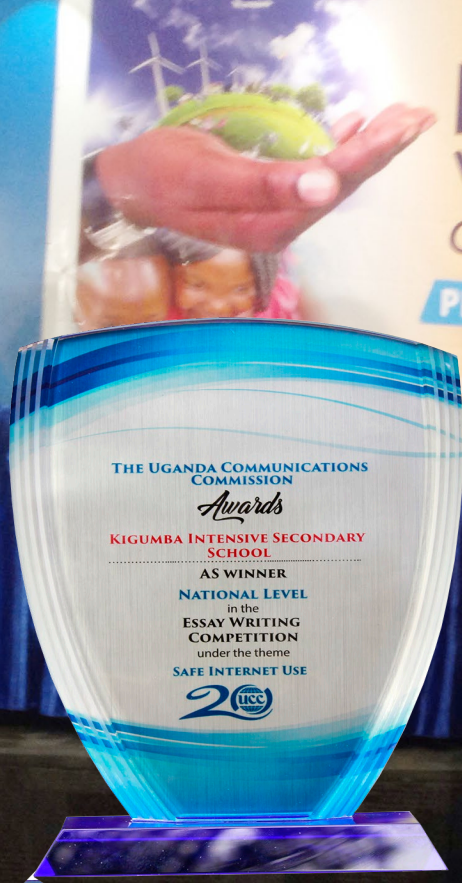
Pay attention to what they enjoy and do well

What does your child enjoy doing? What does he or she already do well? "Make sure your child has opportunities to develop these strengths. Nurturing strengths is better than focusing on weaknesses if you want to help kids feel good about themselves and succeed.

One of Kids Village's founding principles is that every child has gifts and talents to contribute to the community. Our role as adults is to help them discover those gifts and talents and nurture them. We already know that being able to align your career and life path with your passions and talents makes for a happier life; it also leads to higher self-esteem and self-worth.

Let them make choices

When you let your child make decisions, they gain confidence in their judgment. Remember, you're still in charge of teaching them other life skills, such as eating healthily, so letting them choose ice cream for dinner every night doesn't suit the purpose. However, letting them choose between vegetable spaghetti or grilled chicken for dinner, or asking them to pick out which three books they'd like to read at bedtime, tells them that you have confidence in their decisions (and translates into their own self-worth).



ESSAY
WRITING
COMPETITION
PITCHING EXERCISE
02 OCT
UCC HOUSE



UCC EXPERIENCE

We participated in the National essay writing competition this year which was organized by the Uganda Communications Commission (UCC), one of the events to celebrate its 20 years of achievements. The theme was 'SAFE INTERNET USE', several schools country-wide participated in it. The event was scheduled from 1st Oct to 3rd Oct 2018 at UCC house. Being invited for the pitching exercise, we left for Kampala with Tr. Paul Mwale, the ICT head of department. As KISS is meant to prosper through God's wonderful deeds, at first being the first runners-up in the Western region in the initial essay ranking made us really sad with our heads down but they were risen up by the loud name of K.I.S.S sounded as the National winner which left all of us with our hearts

in the mouth! It was unbelievable at first but we had to! Despite being the first time to participate in an ICT related essay writing competition, we really made it.

I was filled with a lot of joy because of my ability to represent my school in such a great event. I won a certificate of award, a trophy and other various prizes. Besides all these, I had a great adventure, made a lot of new friends and shared our personal experiences and knowledge.

I personally was greatly inspired by a number of people there including the Executive director and the director corporate affairs, UCC and other various staffs.

We also enjoyed a great moment at Speke resort, Munyonyo, an amazing place every other person would wish to visit were we had a

wonderful 'cocktail' with colleagues and many other people.

I am indeed filled with pleasure and happiness that I have had a chance to share my experience with several people. This could be a considerable tool to encourage my colleague students to always try out their luck in participating in similar events next time. Let us not wait for others to first prosper before we can do so.

Remember to always try and fail but never fail to try. You do not know what the Lord has prepared for you ahead. Take note that it is of great significance to be patient, confident and a good listener as this could also help us know our WORTH.

"KNOWLEDGE FOR PROSPERITY"

ONAP OSCAR

S5X



THE THREE MEN ON THE BOAT

Once upon a time, there were three men sailing in the boat. There was an African, American and Indian. The boat was not stable, and it seemed it was going to sink. The American said that they should throw other luggage in the water so that the boat should remain and float. The American threw his briefcase in the water. The African looked at the boat but had nothing else to throw. He carried the Indian and threw him in the water. The American man asked him why he did that. He answered, "We have a lot of them in our country"

COMPLIED BY

ONENCAN OSCAR S.2.N

READ ME IF YOU LIKE

□ Defeat should never be a point of discouragement but rather a fresh stimulus.

□ Education commences at the mother's knee, and every word spoken within the hearing of the little children tends towards the formation of characters

□ Education is the leading of the living souls to what is best and making what is best out of it.

□ Our progress as a nation can be no swifter than our progress in education, the human minds is our fundamental resource.

□ Everything comes if a man will only wait

□ Faith is to believe what we do not see, for all I have seen, teaches me to trust the creator for what I have not seen.

□ Those who denes

freedom for others deserves it not for themselves and under a just of God cannot long retain it.

□ There is nothing better than the encouragement of a good friend.

□ God moves in a mysterious way. His wonders to perform. With God, all things are possible.

□ The heart of being good guests is to know when to live.

□ Laugh and the world laughs with you, weep and you weep alone, a good laugh is a sunshine in a room

□ I expect to as through this world at ones, any good therefore that I can do or any kindness that I can show to any fellow creators, let me do it now.

COMPLIED BY:

ALLAN TRICED S.4.N

STRENGTH OF LOVE

It hurts to love someone and

You don't be loved in return

Love grows in one's heart

It's never forced neither is it

A one day activity; nonchalant

Give it time let it germinate in someone

Other than forcing your wills

Upon the one you get a crush on.

When a door of love closes

Another one opens

But how often do we look at the closed doors

It should never hurt you coz it's meant to be

When the right time comes you get the one that suits you

You should never rush coz sooner you may crush

-ANEK SANDRA

KNOW YOUR WORTH AS A GIRL

You should make the most of yourself by fanning the tiny inner sparks of possibility into flames of achievements where girls everywhere begin to see themselves as more than inanimate objects but also as beautiful beings capable of deep feelings and high thoughts. This has the capacity to create change all around; the kind of change that is for the better.

You may encounter many defeats, but you must not be defeated, in fact it may be necessary to encounter the defeats so that you can know who you are, what you can rise from, how you can still come out of it. Don't stop now, keep going. The next time someone you feel though winning as you are perhaps you are getting too big for your britches, say to them silently "I have not started yet" because you know how worthy you are.

A woman is the full cycle; within her is the power to create, nurture and transform. I can't think of any better presentation of beauty than someone who is unafraid to be herself

#Am a Girl

OWEMBABAZI SUZAN -S6 ARTS

RELIGIOUS VALUE AT KISS

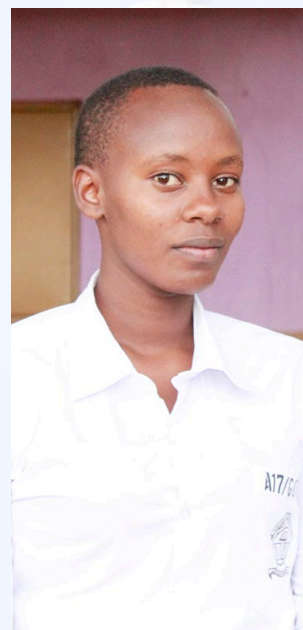
Kigumba Intensive Secondary School is a God fearing School. This is because the school administrators emphasize this too for everyone to join one.

It is also a training ground for religious leaders, there is freedom of worship in this institution. Students elect leaders from students as religious leaders in their respective churches. This helps to develop the student's leadership skills.

Muslims indeed have their Mosque form where they have their five daily prayers from and fasting during the fasting period. They are as well free to perform their other practices.

Christians are also divided into their respective churches i.e. Catholics, Anglicans, Seventh days Adventist and the scripture union. They are also as well free to performs their practices like

doing the charitable work, visiting and helping the sick.





TIPS ON SUCCESS

Hi, fellow students,

I am kindly requesting you to note this carefully so that we all become successful in life as we are the leaders of tomorrow.

1. Whatever your grade or position is, if you know how and when to speak and when to remain silent. Then your chances of real success are proportionately increased
2. Knowing where you are will help put your life's journey in prosper perspective. Denying your present reality will never put you in a position to change it
3. The most powerful thing in the universe is an idea whose time has come
4. Shoot for the moon (100%). Even if you miss, you will land among the stars (80%)
5. There is no spiritual force enough to hinder /stop your progress in studies and in life unless you collaborate with or assist it
All in all, your greatest enemy is "YOU"

Compiled by Talemwa Jazbell S15



BEING A FINE PARENT

A parent should be a good listener and always communicate to their girls clearly.

Always listen to their opinions and be very sensitive to their problems. Remember that girls are very vulnerable so talk to them regularly.

Parents should understand that their children are different as they grow, understand each child as an individual so learn their strength and weakness. Advice your child on how to choose their friends. As a parent you should know where they come from and who their parents are! This enables you to groom a child in a right way and also helps you to understand why your child is behaving the way he is doing. Dear parents, you should give your children ample time to advise them and talk to them about certain issues and challenges that the youth experience. Don't create hills when they are in valley. Please try as much to socialize with your children not just paying school fees.

Parents bring up your children in a religious way because with god everything is possible.

Compiled by AKELLO RUTH S.2

LET'S QUOTE OUR TEACHERS

Writer's club member Akello Candy S.2 takes you through the memorable quotes made by our dear teachers and others administrator at school.

1. "It takes one person to change the rest positively" (Tibili-hwa Godfrey head teacher)
2. "A wet log will always laugh at dry one for easily catching fire not knowing that the next sunlight will make it dry too" (Mr. Kitembo Ivan DOS)
3. "Try to know why you are in school! If you don't find out, ask your friends" (Ms. Kobusinge Lydia commerce teacher)
4. "It's your attitude towards something that determines your performance in that area" (Mr. Asiimwe Gilbert director)
5. "The fear of god is the source of wisdom and with god success is assured". (Mr. katusabe Godfrey CRE teacher)
6. "Change starts with you, if you want to change your community start with yourself". (Mr. Muwonge David geography teacher)
7. "Success comes from hard work and staying focused". (Mr. Aliguma Wilberforce mathematics teacher)
8. "Your greatest enemy is yourself! So, don't listen to what the man in the mirror is telling you, go ahead and act" (Ms. Badaru Judith English teacher)
9. "Put God first in whatever you do if you want to succeed" (Ms. Nakimera Mariam bursar)
10. "Discipline and success go hand in hand" (Mr. Yawa Rodgers English teacher.

By Akello Candy Fantasy



THERE IS STILL HOPE FOR YOU

There is always a song to sing,
Left out notes to write,
Difficult choices and decisions to make,
Forgotten music to dance.

You might be heart broken, disappointed and abandoned,
But through such tears you shade, which name do you call?
Do you call your friends, parents or call God? Those who call your friends, have they ever been there for you in everything you do? Those who called parents, yes parents are essential but you need a full time comforter, counselor and a friend that is JESUS.

The bible says that "cursed are those who trust in many" because even God knows what kind of human beings are envious, jealousy, hypocrites and disappointers.

I hereby tell you the true person to call and that is "JESUS"
Look at him, even when your melodies are gone, in him you find new songs. Even when your strength is gone, in him you will find new strength.

You need him and he is waiting for you always.

Compiled by Akello Ruth S2



LIFE CALLS

The world of today is so challenging but it can only overcome when you call the following emergency numbers:

When you are worried' call

Mathew 6:19-34

When God seems for a way, call

Psalms 139

When your faith needs stirring, call

Hebrews 11:25-30

When you are in danger, call

Psalms 91

When you want peace and rest, call

Mathew 11:25-30

When you want Christian assurance, call

Romans 9:1-30

When you leave home for far, call

Psalms 67

So be faithful and know your worth.

Compiled By KAKA SARAFINA S1

CHAOS

One day, Mr. Kisebbo Ivan, chemistry teacher, was in the laboratory carrying out an experiment with the senior threes. Unexpectedly, a girl rushed in and accidentally she knocked the breaker containing sulphuric acid and it spilled all over her hands. She screamed so loudly that she made all teachers to run from the staffroom to come and see what was going on.

When they entered, the chemistry teacher started calculating the concentration of the acid on the girl's hand. The physics teacher right away started calculating the velocity of the accident while the school pastor prayed for the girl so that God could lessen the pain.

Talk about working hand in hand.

Know your worth.

AI - ASSAN-IRIN SUI IAMAN BIN SHARIF



FOOD FOR THOUGHT (YOU FIRST, THEN OTHERS WILL FOLLOW)

There was once a man who was very rich, influential, a good orator, an acquaintance to kings and presidents and very popular. His pride grew stronger by the days since he had everything he wanted, and all that he ever wished to have he got. One time he had decided to do something that nobody had ever dreamt of. Because the world seemed unfair, he felt a conviction to change the whole world, so he did, but alas, he failed despite his popularity. He embarked on a new mission of changing his continent, but rejection didn't miss him. So, he thought that at least his country will listen to his idea, but even his own country couldn't; failure became his portion.

He was raised as a stubborn-boy and so even in adulthood, he still persisted and took his idea to his city, but he still got no convert. Desperately he decided to change his countryside but though they were his people, they refused.

Now he knew his family could not let him down, so he tried his best to change it, so that he could at least feel happy for changing a few souls. But for all his wealth, influence, popularity, luck,

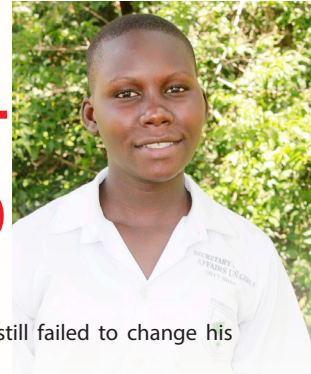
blessing, he still failed to change his family!

In anguish and exasperation, he wept bitterly and turned the dust into a blanket, so disappointed to the extent of wanting to commit the unspeakable "suicide" but of course he couldn't.

One time, he thought about what he should do and discovered that there was one more person he had to change that was "HIMSELF". On such realization, he gradually changed and turned away from his pride, selfishness and all his evils. He put them aside and started helping the needy, get poor off streets and put the sick in hospitals, leaving no stone unturned in him, he was totally changed and thus he was able to change his family, his countryside and his city. The whole country was changed and his continent and the entire world.

"LET THE CHANGE FIRST HAPPEN IN YOU, THEN YOU CAN IMPART IN OTHERS"

Compiled by ADOK EMMANUEL



TIPS OF LIFE "SCIENCE"

My name is "science", other people call me physics, chemistry, biology but many still doubt whether agriculture and mathematics are my names.

My name only scares many when they hear of me. I have also been compulsory in O' levels but there is too much fear for me among students since many do not know me properly.

However, the government is trying to put in much emphasis in building more laboratories in different government schools so that I can be done practically and students know me better.

Therefore I am appealing to all the stakeholders, teachers, students to take me as a serious issue for the betterment of our country as whole.

FOR GOD AND MY COUNTRY.

BY: APIYO CAROLINE S.2

THE FOURS YOU NEVER KNEW.



There are four things that are too mysterious for me to understand:

An eagle flying in the sky,
A snake moving in a rock
Ship finding its way over the sea,
And a man and a woman falling in love.

There are four things that the earth itself cannot tolerate:

A slave who becomes a king,
A fool who has all he wants to eat,
A hateful woman who takes the place of her mistress.

There are four animals in the world that are small, but very clever:

Ants: they are weak, but store up their homes among the rocks.
Rock-badgers: they are not strong, but they make their homes among the rocks.
Locusts: they have no king, but they move in formation.
Lizards: you can hold one in your hand, but you can find them in palaces.
There are four things that are impressive to watch as they walk:
Lions, strongest of all animals and afraid of none.
Goats,
strutting cocks,
And kings in front of their people.
If you have been foolish enough to be arrogant and plan evil, stop and think!
If you churn milk, you get butter.
If you hit someone's nose, it bleeds.
If you stir up anger, you get into trouble.

Compiled BY KAKA SARAFINA S1

CHALLENGE YOUR SELF

1. Aim high always. Do not set your target too low so that you can archive it easily.
2. Have goals. Do not move blindly without any set targets in life.
3. Prepare well. Do not do things in a rush. Think twice before you act for all that we do have consequences.
4. Try new things. Do not pretend to be comfortable with whatever you have at hand.
5. Always try. Never feel ashamed to try again.
6. Challenge yourself always; give it another trial when one flops
7. Go for medical checkup even if you are not sick.
8. Drink more water even if you are not thirsty

If you see the moon, you see the beauty of GOD. If you see the sun, you see the power of God, and if you look into the mirror, you see the best creation of God. So believe in yourself.

A conclusion is the end of someone thinking.



By
OKELLO MARK LAPAT S4



THINK ABOUT IT

I must admit that, I am just a boy, just a teenager and I really don't know much about this life. But I am also aware of the saying that "a young child can drum and the adult dances." Having said that, my mind immediately goes to the theme of this year, "know your worth"

I wish my fellow teenagers would know the value our parents and nation attach to us. Do we even know that there will come a time when we shall all be grown up and have to again look after others of our age? If so, what foundation are you laying for them? Now that we are smoking and drinking at this age, what advise shall we give our children who will also undergo this stage?

Speaking of children, we are busy looking for dark corners to do things that are "forbidden" for us. When the consequences arise, we run with it to the same people who forbid us these things, our parents, who get disappointed.

The country is trying its best to protect children, and their rights. Do you know why? Because you are worth it! You are the doctor, the lawyer, the lecturer, the scientist, the entertainer, etc. of tomorrow. You are worthy of all the efforts the country makes to protect you. You are worthy of all that your parents invest in you i.e., the feeding, education, shelter etc. The real question now is, are you playing your part? Do you appreciate these efforts by other key players in shaping your life? Because if you did, then you would not be having bad grades. You wouldn't be the one got in corridors with the opposite sex during the "unmentionables", you wouldn't be branded the indiscipline child. Why? Because you know your worth, you know you are important, you respect your parents and nation's effort.

I know it seems like too much but honestly some times, all you need is to do one thing and the rest will fall in place. Just respect yourself and see how life flows smoothly. Follow this road of self-importance, know your value, and know your worth. You, your parents and the nation will never regret.

God bless you all

BY LUGEKA SHAFIQUE

President writer club

Kigumba intensive annex



WHO IS MADAM JOSEPHINE?

She is the senior woman teacher at St. Joseph's Tiiti

A person who mind on girls business of excelling
A person who is caring and kind

She is the woman teacher St. Joseph school Tiiti

A person who will never have a sad situation

A person who is straight to the points she makes

St. Joseph's school Tiiti is blessed to have Madam Josephine

Hope we shall be "eagles" together with her

Thanks a lot to Madam Josephine

For her words of encouragement

THE WOMAN AND THE EGGS

One day, a married woman found a rare box under her bed, she did not understand what it was. She opened the box and found three eggs.

She was worried and had to ask the husband about the eggs when he was back from work.

The husband told her that every time he cheated on her, he had to buy an egg and store in the box. The woman was happy with the husband since only three times in 20 years they had spent together were few. Then the husband told her not to be so happy because every time the box gets full, he used to sell them off.

Compiled by; ADOK EMMANUELLA

SLOW DOWN YOUR TONGUE

The real art of conversing is not saying everything you want. But saying the right thing at the right time so that you maintain your honor amidst people you are addressing to avoid criticism

We all have the days where we feel that we cannot survive, unless we talk to someone we trust. But people who don't understand your silence will never understand your words. Some people prefers keeping mute, this doesn't mean they don't have what to say. But they know how difficult it will be to put back any word uttered out

Be sure to taste your words before you spit the out therefore first sieve the carefully because the words you utter shows what is in your heart. Better be a good listener but a slow actor. Please listen to understand rather than listening to reply because I have seen families, friends, many groups and organization breaking apart because of words

All in all always when you talk, say the truth even if your voice shakes, though sometimes truth prevails and sometimes it hurts.

Gather the courage to sincere and be honest, you will be called wise whenever you go

REMEMBER THAT A NAKED TRUTH IS ALWAYS BETTER THAT THE BEST DRESSED LIE

Compiled by ADOK EMMANUELLA

THINK ABOUT IT

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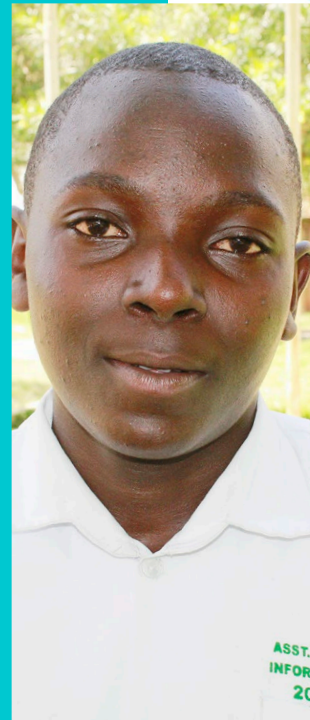
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BY LUGEKA SHAFIQUE
President writer club
Kigumba intensive annex



Meet the current Oldest Student in School

Our dear readers, we greatly welcome you to our fifth edition of the KISSMAG. We first of all thank the Almighty God for the greatest things He has done for us. We are honored to present to you our oldest student as the student fraternity as being TURATSINZE ROGERS. He was born 26th January, 1986 to a humble family in Nyagashagazi in Kyinyagoga sub-county in Nakaseke District. In his childhood, he liked studies but due to family problems, he dropped out in primary five at Masindi port parent school in 2001.

In 2012, he developed an idea of going back to school where he joined primary seven at the age of 26. This surprised the community since they could not believe that he could make it. However he did not get discouraged by what people were saying. He worked hard and passed PLE with a super second grade. This encouraged him and he continued to join secondary at Kigumba community Seed school where he attained his O level certificate this was achieved through discipline, respect, commitment, sticking on his objectives and hard work. because of his background, he drew nearer to God and he got blessed. He got support from

“

In 2012, he developed an idea of going back to school where he joined primary seven at the age of 26. This surprised the community since they could not believe that he could make it. ”

many people who did not know him before and they made him achieve a half of his desire for academic papers.

So, he tells us that on the side of the young generation, the advice he can give you is that have ambitions, set goals, do not engage in unconstuctive activities, remain focused, do not be discouraged by prevailing conditios however good or badthey can be amidst you, you may still achieve your objectives. When you show determination, the ways will always open for you. Therefore age has no correlation with ones success so long as you are determined, everything is possible withGod.Be submissive to anyone offering you help. Finally Never loose sight of your goal.

COMPILED BY
ASIIMWE WINNIE KANANURA
SECRETARY EDITORIAL TEAM.



MATRON'S Voice

HOW TO TALK TO GIRLS: 8 ways to improve your DAUGHTER'S SELF-ESTEEM



We want to raise daughters who will run the world, but could the words we use be accidentally sending the wrong message?

"Listen to my words." It's a phrase parents use all the time. But what are we really saying? When it comes to raising confident girls, we may be giving them contradictory messages. We want them to be leaders but criticize them for being bossy. We build their self-esteem and then undercut the message by talking about how fat, forgetful or stupid we are.

What we say and do can inadvertently reinforce the very gender stereotypes we are so keen to dismantle. "Our words and actions have a powerful impact on our children," says Vancouver therapist Michele Kambolis. So what should we say to bolster girls' confidence, teach them respon-

sibility and encourage them to follow their dreams—while also helping them learn from their mistakes and instilling a good work ethic? (Parenting really is one of the toughest management jobs out there.) Here are eight rules for nurturing the next generation of leaders.

Rule #1: Give them enough play time.

Don't get hung up on what your daughter wants to play, whether it's princesses or highway patrol. While we may view one as traditionally female and another as male, to little kids, it's all the same, so there's no need to categorize. Just encourage her to pursue her own passions.

Rule #2: Let her have a chance of making a suggestion

If we expect our daughters to make good decisions once they reach the corner office, they will need lots of practice. Let her have an age-appropriate say in matters that affect her, since an early age. "She is also included in deciding how you spend your

family time and on how you divide household responsibilities. This doesn't mean you simply hand over the reins. Talk through all the various factors of making a decision. "And once she's made up her mind, she needs to learn to deal with the consequences."

Rule #3: let her express her pride

Avoid squelching your daughter's natural exuberance and pride. As they get older, some girls get embarrassed when they're singled out—whether it's for winning the 100-metre dash or the science fair—and even try to downplay their accomplishments. And this tendency can intensify over time. (Let's be honest: How good are you at taking a compliment?)

In the long run, self-effacement can lead to a loss of confidence. So if your daughter shares that she got a great mark on a test, don't tell her it's impolite to brag—celebrate her success with an enthusiastic, "Fantastic! All your hard work paid off." Or if your pre-schooler proudly shows you her latest drawing, be sure to share in her delight. You don't have to proclaim her an artistic genius, though—the key is to praise the effort, not the result. "Recent research tells us when we overdo it in terms of praise, we can do more harm than good."

Rule #4: Resilience must be earned

While we want the best for our kids, sometimes the best thing we can do for them is to let them struggle—even if it's just enduring soggy socks (see Rule #2). "We want them to be happy at all times, and we do a tremendous amount of work to make things easier for them," says Jennifer Kolari, a child therapist and author of *Connected Parenting: How to Raise a Great Kid*. "But if you create a perfect, carefree childhood, they aren't going to be able to handle adversity when it happens." This is doubly important for girls, who often see themselves portrayed in books and media as damsels in distress.

Knowing that you're capable of handling difficult situations on your own can be a very powerful lesson.

Rule #5: Avoid the B-word

As ambitious women have learned for generations, Type A women are "bossy," while Type A men have "leadership skills." And since bossy isn't exactly seen as a desirable quality (last year Facebook COO Sheryl Sandberg launched a social campaign to #banbossy), it's time to scrub it from your vocabulary. That doesn't mean your daughter deserves a free pass on rude behaviour, though. Julie Freedman Smith, one of the co-founders of Parenting Power, a Calgary-based coaching organization, encourages parents to practise assertiveness. "Kids who are constantly bossed around by their parents will learn that way of speaking." She suggests using respectful language, like "I feel that" and "It would be great if you could" as opposed to "Do this!" and "I want that!"

Rule #6: Be nice, but not to a fault

Despite how it might look in the school lunchroom, most parents do try to teach their kids manners. But the importance of being nice is really emphasized for girls, and this kind of gendered encouragement can lead to girls putting themselves last, pleasing others instead of themselves and becoming pushovers. Plus, having to "act like a lady" leaves no room to be loud, strident, funny, and so on. "It's tough for girls to find the right balance between respecting and helping others, and being assertive about what they think and want," says Malcolm. We need to model the behaviour we'd like see them exhibit. "If our daughters see us standing up for ourselves, speaking up when we don't agree with others or asking for help when we need it, they will

learn they can do that, too."

Rule #7: Go beyond "you look so pretty!"

We've all done it: At a party or family gathering, we've gone up to a little girl and told her we like her dress or said how pretty she looks. It's an easy icebreaker. Beauty can be tricky—it feels natural to compliment a child, yet it can reinforce the message that looks are what matter most. One solution is to keep talking. Ask follow-up questions—"How high can you kick?" or "How far can your dress twirl?"—so it's more about how she feels in an outfit than how she looks..

It's not just what you say to girls but also how you talk about yourself. Pay attention to how often you criticize your appearance. Nix the fat talk. "As women we are often horrible to ourselves," says Kolari. "Our daughters are watching us, and they're listening. And if we are judging ourselves that harshly, the natural assumption they make is that we are judging them as well."

Rule #8: Ask questions, then listen

It's estimated the average eight-year-old is exposed to some form of media (TV, billboards, magazines, online videos, etc.) for close to seven hours every day, and much of it plays off stereotypes. That is an enormous amount of information to make sense of. Use it as an opportunity to talk to your children, and to help them practise their critical thinking.

Kaitairima Lillian
Matron



GEOGRAPHY CLASS



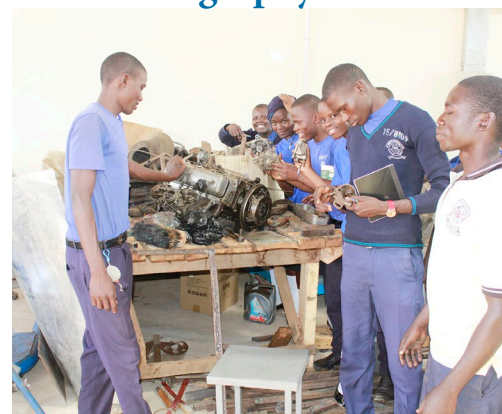
S.4 Tertiary School Tour



Tours



S.3 Class Geography Tour



S.4 Tertiary School Tour



S.5 Career Guidance Tour At MUK



Meet the Longest Serving Watchman

GINO OKECHA Kizito

We are the delegation from the writers' club Kigumba Intensive School; we would like to take this great initiative of sharing a light moment with you, having heard that you are one of the oldest serving staff of the school. We kindly request for your cooperation as we go through this session of the up close. (members introduces themselves and in response, he introduces himself).

My name is Gino Okecha. Stella a.k.a Mama Pimer is my wife.

Mazira: How old are you and how many children do you have?

Ans: I am sixty eight years (68). I have

eleven children and four are deceased.

Winnie: When and how long have you taken working in this school?

Ans: In 2004 therefore I have worked here now for 14 years.

Trena: How do you handle defaulters in the school especially when caught?

Ans: I take them to the administrators for more punishment accordingly.

Kizito: I hear various students calling you different names; others call you Cyborg, Sniper, Detector, African chemist nigger. Are you contented with such names and if yes, why?

Ans: First of all I am a trained askari, I have no bad intensions on those who

“

First of all, only one finger can never hold a cigar, me alone might not do something for the school but together we look forward to constructing a wall fence, teacher's quarters soon.

This will also fight against other vices like escapism and ensure maximum security for the school.”

call me such names because in the society there are always bad and good people so, there is need to discipline the bad ones and bring them to the right path as a parent. It's also very easy for me to identify wrong students and that the real work of a staunch askari, it's only a lousy one who fails to do so. It's very easy for me to attain success amidst such names.

It is perhaps true and I don't feel offended.

Mazira: According to you which advice would you give to upcoming generation and the student's body at large?

Ans: I like seeing educated children and those who know their worth and where the world is heading because such people are the future leaders and developers of the world.

Kizito: the fact that you are already 68 years old but you still look very fit, what do you do to keep your body in such a fit state?

Ans: that's a very good question. I would like you to know that I love my body size and what makes it so, my wife, Stella takes good care of me and I also do farm work as part of physical exercise.

Trena: What's your worst moment since you joined Intensive?

Ans: my worst moment was in 2013 when the students striked. And on that matter I therefore advise you never to try the same mistake for my sake.

Mazira: Would you please try citing the major cause of that incident?

Ans: It was the administrators' act of burning the rare clothes of students and I think history will never repeat itself.

Winnie: What do you love about this school?

Ans: The behavior of the students drives me crazy because they are well educated with appropriate welfare that caters for students, teaching and non-teaching staff. Because of the school, I managed to construct two permanent houses that accommodates my lovely wife and children.

Trena: What do you hate about this school?

Ans: Absolutely nothing.

Kizito: You know as human beings, we attain success amidst challenges. We would like to know some of the challenges you faced as you attained your success?

Ans: Yeah! Its true challenges do come, the worst of it, the indiscipline of some students make work hell for me. They always want to server their wishes but not going by the rules and regulations. And since every one desire to

attain success in whatever they do, I find difficulties in stopping them from their curiosity yet against the school programmes.

Mazira: As the head of security department, how do you handle that critical matter?

Ans: You know, security burns in my heart and therefore, I do whatever it might cost me to maintain the security of this school with my cooperating comrades.

Winnie: Where do you see the school in the next five years?

Ans: I am not afraid to say that this school is one of the most progressing institutions in the Bunyoro region at large. And therefore, I less than two years' time, this school will have set up more structures as you can already see the materials are here.

Trena: What are your future plans for this school?

Ans: First of all, only one finger can never hold a cigar, me alone might not do something for the school but together we look forward to constructing a wall fence, teacher's quarters soon.

This will also fight against other vices like escapism and ensure maximum security for the school.

Kizito: According to this year's theme, "KNOW YOUR WORTH", what advice can you give to the students and the fraternity of intensive at large?

Ans: (appreciates) as an elderly responsible man, I also have children perusing education. Therefore, I advise the students to value there selves,. Respect and chase after their dreams. They should never at one point despise themselves. I personally before going to bed, I commit the school into God's hands since He is the over -head of all securities and also to grant the students a bright future as they will live to remember the greatness of this school.

Not to forget, I am so much educated but I value education. For that matter, I advise students to friend the educated to attain success since he who pays respect to the great becomes great.

Mazira: We are very grateful for the service you have rendered to us and your countless time and service for this great school, we pray therefore that may the Almighty be with you and make blow a thousand candles as you continue offering such a tremendous service to the school. Thank you very much.

Ans: Blessings fall upon you my sons and daughters.

A portrait of Madam Alinaitwe Grace, a Black woman with short, dark, braided hair, smiling warmly. She is wearing a red top. The background is slightly blurred, showing greenery and a wooden fence.

Meet the Senior Woman Teacher

SELF-ESTEEM & SELF-CONFIDENCE

You may have heard a lot about self-esteem and self-confidence. But what exactly are they, and how do you get them? What is self-esteem?

Self-esteem has to do with the value and respect you have for yourself. Simply put, it's your opinion of yourself.

If you have healthy self-esteem, you feel good about yourself and are proud of what you can do. Having healthy self-esteem can help you feel positive overall. And it can make you brave enough to tackle some serious challenges, like trying out for a school play or standing up to a bully.

If you have low self-esteem, you may not think very highly of yourself. Of course, it's normal to feel down about yourself sometimes. But if you feel bad about yourself more often than good, you may have low self-esteem. How can low self-esteem hurt? Low self-esteem may stop you from doing things you want to do or from speaking up for yourself. Low self-esteem may even lead you to try to feel better in unhealthy ways, like using drugs or alcohol. Also, some people may start to feel so sad or hopeless about themselves that they develop mental health problems like depression and eating disorders.

A lot of things can affect self-esteem. These include how others treat you, your background and culture, and experiences at school. For example, being put down by your boyfriend, classmates, or family or being bullied can affect how you see yourself.

What is self-confidence?

Self-confidence is a little different from self-esteem. Self-confidence has to do with what you think about your skills and abilities. Self-confidence often comes from trying new things, like speaking more in class or trying out for an afterschool activity. Does that sound a little stressful? That's normal! As you try new things, you will gain confidence in spite of your fears. In fact, that's what real self-confidence is — your belief that you will be fine even in the face of obstacles.

If you have healthy self-esteem and self-confidence, you probably will agree with some or most of the following statements:

- I feel good about who I am.
- I am proud of what I can do, but don't need to show off.
- I know there are some things that I'm good at and some things I need to improve.
- I feel it is okay if I win or if I lose.

- I usually think, "I can do this," before I do something.
- I am eager to learn new things.
- I can handle criticism.
- I like to try to do things without help, but I don't mind asking for help if I need it.
- I like myself.

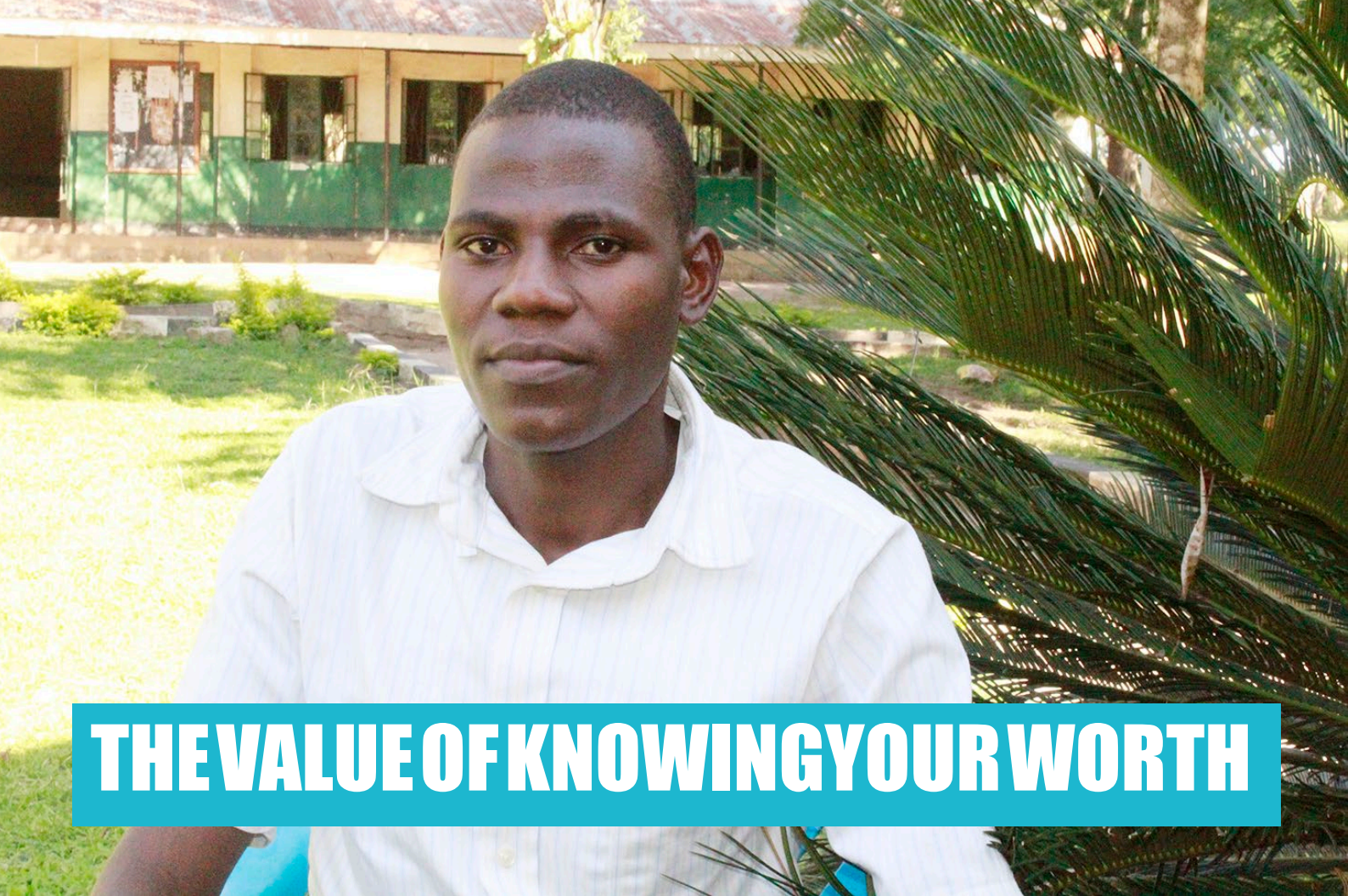
If some of the items on this checklist are true for you, congrats! You're on the right track. And if your self-esteem ever slips, you can try these steps.

If you have low self-esteem and self-confidence, you probably will agree with some or most of the following statements:

- I can't do anything well.
- I have no friends.
- I do not like to try new things.
- I get really upset about making mistakes.
- I'm not as nice, pretty, or smart as the other girls in my class.
- I don't like it when people say nice things about me.
- I get very upset when people criticize me.
- I feel better if I put other people down.
- I don't know what I'm good at.
- I usually think, "I can't do this," before I do something.
- I don't like myself.

If many of the items on this list apply to you, try some ways to raise your self-esteem. It's no fun to be hard on yourself, and you can work to stop. Remember, everyone brings something unique to the world.

Madam Alinaitwe Grace
SWT Kigumba Intensive Main Campus



THE VALUE OF KNOWING YOUR WORTH

“The only way to stay in the society today is through education;” education is the only instrument that man can use to change the society

Have you ever tried to imitate about your value and who you are to the society? BEN CARSON, a well-known novelist said in his book “Gifted hands “my success begins with myself actualization, am a surgeon because I discovered my potential and value”

Its not something easy simply because most of us do not know who we are: discover who you are is the first greatest step towards the path of success.in the society there are people from different background; some from poor “humble “background whereas others from the rich background .the issue is not where you came from but where you are going. Never judge yourself by who you are today but value yourself and focus on who you will

be tomorrow

“A journey of a thousand miles starts with a single step.”The greatest thinkers “philosopher “we have ever heard of were not born philosophers but out of their struggles,they made it, they were at one time like you .it was not until they discovered they potential that they are now called philosophers.

It is paramount to note that ;“reading your destination begins by knowing your worth”

Have you ever at one moment tried to think of life and society in the contemporary situation? If yes then you are worthwhile but if not you better do0 so when it’s not yet too late. The only way to stay in the society today is through education;” education is the only instrument that man can use to change the society“To parents and other stake-

holders, educating your child does not mean having a lot of money but it’s all about “sacrifice”-put in mind that6 “a good parent is like a burning candle that sacrifices itself for others to have light “Once educate your child then you have the power to transform the society .

All the great professionals today are who they are because of education. It’s therefore not too late for you to be who you want to become. Success starts by making up your mind.

Tol my fellow teacher in the teaching profession, ours beyond know your worth because it’s a noble job that’s why we are “special “because the nation is, because we are.

My encouragement to you is you only need to focu8s and work harder.,

MUWONGE DAVID

HISP/GEORG DEPARTMENT



**KYOMUGISHA
JOSELYN**

S.5X

KNOW YOUR WORTH AND SUCCESS WILL FOLLOW YOU

Sometimes, it is what has hurt you most that makes you realize the path to the thing you were created to do. This is because a good place to look for your destiny is inside your wound. Without failing, you cannot attain success but remember failure is not final unless you refuse to get up. Somebody might ask, "What is failure?" Failure is just like a bow. When an arrow is pulled backwards on bow, and later released, it accelerates at a very high speed and covers a longer distance than the arrow which is placed on a bow and left to fall off. Failure pulls you backwards just like the bow pulls the arrow but remember, a very storm carries a message.

Stop cheating on your future with your past. No matter how much pain you go through to attain your success, just put in mind that "life does not punish you but offers you a much needed

opportunity to hit the "reset button" for your future. We all fall into hard waters. Some of us quit, others freeze, but a courageous few keep going in spite of it all, because they believe that every mess has a message.

There is no sadder man than he who has spent his life climbing a wrong mountain. You need just to "know your worth" and you will succeed. With a compelling "why" one can live with any "what". "Why am I here?" Answer that question and you will unlock the key to unflinching serenity in this troubled world. If you think you can, you will, if you really think. Negative thoughts cannot be escaped, they must be replaced! Eagles think like eagles and hens think like hens, but in life, hens that think like eagles can actually fly. In order for you to fly with eagles, you must stop swimming with ducks.



INTENSIVE IS WHERE MY STORY BEGINS

Just like an African proverb goes "It's those ugly caterpillars that turn into beautiful butterflies after

seasons." , the year was 2009 when my mother (sponsor) broke the news to me about her intentions to make me join Kigumba Intensive SS for my Form 3 & the rest of the classes. I still have honest memory of that day because her voice voice sounded to me like someone who sung Bobi Wine's praise song during Museveni's rally since that was a move I did not only dislike but so I rejected that idea plainly. As she unveiled her plans to me, I was too scared of the canes yet come if I was to join the school. But little did I know that this was a micro golden opportunity that had come my way to change the rest of my life. Overwhelmed by her(my mum's) pressure, I finally joined the mighty school and the rest is now history.

From there I was nurtured & groomed with _intensivism_ and I realized my purpose in life. My whole story and life changed as I saw great success from one level to another. My biggest achievement was when I joined Mbarara Uni-

sorship in 2013 after excelling from K.I.S S. From then up to now, I've seen great things happen in my life, I've been to places I never thought I would be, I've seen some faces I never thought I would see courtesy of Intensive.

In fact this school is a gold mine for many young children who want to implore there potentials.

since I managed to serve the school as an UNSA speaker, I look forward to become the speaker of Uganda's parliament in the due time to come.

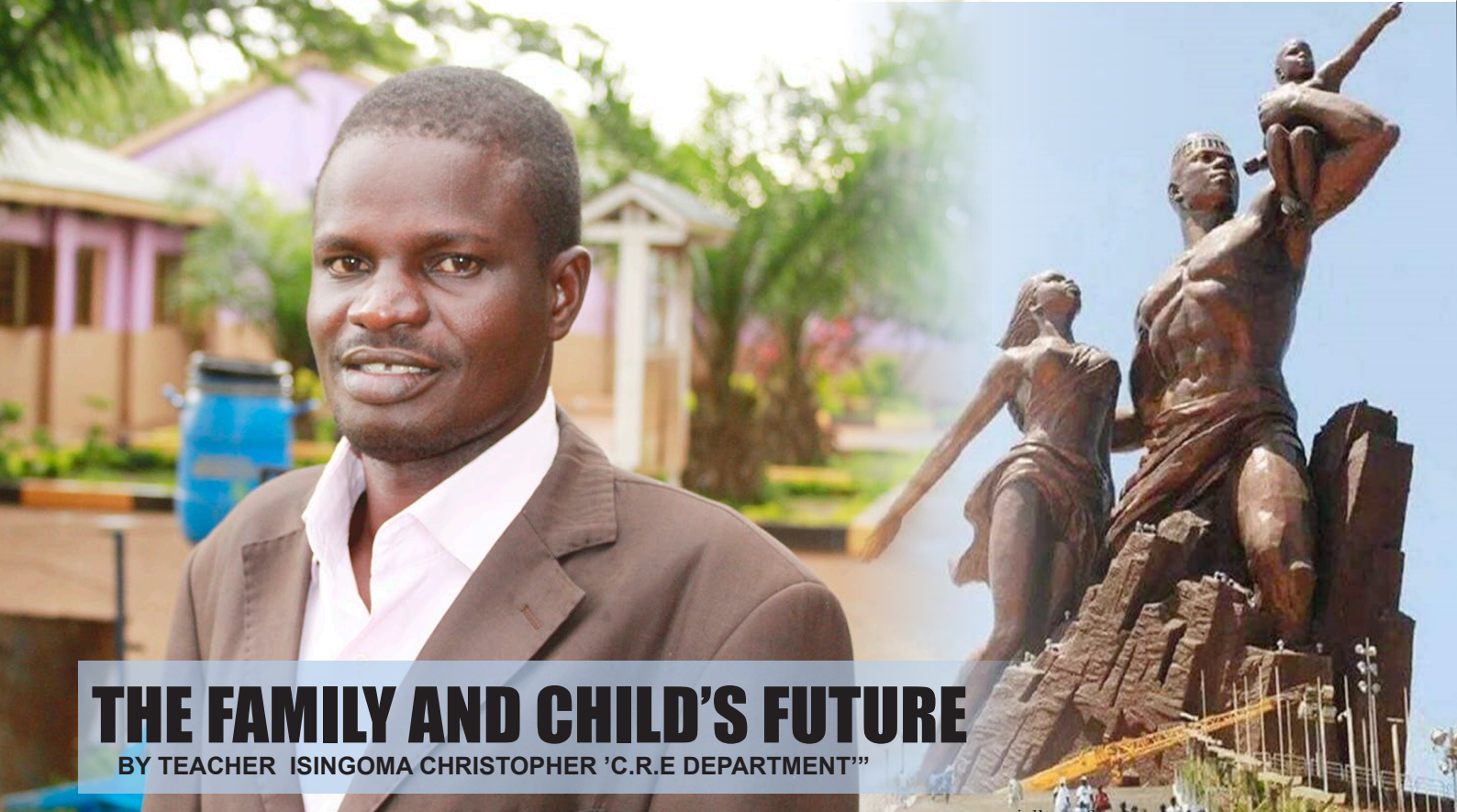
I cherish the efforts of all our teachers at different levels. Special thanks goes to Mr. Gilbert Asimwe, Mr. Ogwai and the rest of the brains behind the management of our Institution. Today I'm a teacher by profession & calling, I want to inspire the children, I want some of them to look at me one day and say "Because of you, I didn't give up" . Greater things await, the future is bright..

Mr. Amollo Ronald Amooti -
(Chemistry/Maths Dept)

St. Joseph's School Tiiti

Proud alumni of Kigumba Intensive Ss





THE FAMILY AND CHILD'S FUTURE

BY TEACHER ISINGOMA CHRISTOPHER 'C.R.E DEPARTMENT''

Before Man joins other social groupings such as clan, church, School, politics, state etc. HE First identifies himself with the Family. Family involves members such as Father, mother, Brothers, sisters, cousins, nieces, Nephews, in-laws, friends and the neighbors among others.

But the most important figures are parents or those who stand in their position in the growth and development of the child. Family is therefore defined as a smallest basic unit of society where people live together and accept each other as relatives. This shows to us that parents and other family members and conditions at home have great impact on the child's future which can be seen in the following ways;

In the most homes today, parents have failed to train their children personal and domestic responsibilities and work. This has been due distant emoluments and employment of maids who do all domestic chores, hence the work of children at home is to sit and relax which has promoted laziness and lack of responsibilities among the children. When they come at school, they cannot manage to mop dormitories, sweep compounds and even protect their properties not because they don't want but they are not used to the practice, which all conflict with school policies and rules.

Marriages/families today are associated with domestic violence. This has had effects on the

character of the children. Children have come to school with such characters such as fitting, abusing each other, quarrelling etc. this has resulted into injuring and torture of their colleagues which creates bad relationship in the school community. And as a school, this is an acceptable that calls for either expulsion or suspension of the culprit.

Different families have different behaviours, hence there are many bad behaviours practiced by family members children stay with at home, such as immoral acts, stealing, rumor mongering, drunkards, drug abuse etc. sometimes children take such behaviours normal and come with them at school and in other social institutions which the moral standards of these institutions. That is why there are rampant cases of alcoholism, smoking, drug abuse etc. in schools, which are unacceptable leading to suspension and expulsion of students from school.

Another current family fashion is family planning where parents are producing few/fewer children which is economically acceptable but on the other hand, children have handled like "glasses" and when it comes to punishment at school, there is a lot of criticism from parents as they call it torture for their only child/children whom they refer as "Mzee", Daddy, Mammy etc. yet teachers do this to cause desirable changes in the children not to destroy or torture.

To create harmony and good relationship between children, teachers and parents at school, the following should be emphasized

especially at home;

Parents should present themselves as role models before their children, this will make them grow with desirable behaviour that can make them fit in the society and show good morals that reflect the home they come from.

Children should be trained work and responsibilities. This will help children to be responsible and hardworking wherever they go. Parents should their children in work together with maids since hard work promotes development and stability.

In homes, parents should emphasize values such as; love, forgiveness, sharing, generosity, patience, tolerance, teamwork, humility etc. these will help children to have good relationship with other people they meet and relate with in the society as it said that, "man is a social being, lives with and by others."

To children/students, they should know where they come from, what they want from the school, teachers and other people. This will help them follow strictly school rules and policies. And above all, children need to accept themselves in the relation to the families they come from and potentials they have, which background and potentials vary from individual to individual, family to family and generally from society to society. This will help them to appreciate themselves, their parents, teachers and other stakeholders in their growth and development.

In conclusion, family/home is the foundation of society, hence needs to be well prepared and built for peaceful co-existence, cooperation and orderly society.



KNOW YOUR WORTH

DAMONY RATIP aka FJ

In this edition of the KISSMAG, I am going to explore the difference between defining your self-worth externally or internally and the possible consequences.

Externally, your worth is defined through other's approval of your looks and performance. By doing this one will be defining the wounded self (one suffering from emotional injury). To understand this better I am going to pose the following questions Does your weight, your hair, your money, your job, your car, your clothes, house, mate, or the people you know define your worth? When you are operating from this principle of wounded self, you are constantly trying to look right and perform right, in order to get others to like you and love you. Therefore you feel worthy only when receiving validation from others. This is dangerous because it creates much anxiety since you feel unsafe when your whole sense of worth hinges upon having control over getting others' approval. You may even feel panicked when you fear making mistakes and running the risk of disapproval and rejection.

Your wounded self believes you can have control over how others see you and feel about you. Therefore, according to this, if someone doesn't like you, it must be your fault for example "Did I say something wrong?" "What did I do wrong?" Believing it is your fault gives you a sense of power and control: "If it is my fault that someone doesn't like me or rejects me, then I just have to figure out how to do it right, and then I can have control over how others

feel about me.

Internally, your worth is defined by what I am going to call core shame which comes from the false belief that there is something intrinsically wrong with you - that you are inherently bad, wrong, defective, flawed, unimportant, unworthy, inadequate.

When you believe you are inherently defective, you then have to hide your real self and try to become what you think you need to be, to be acceptable. The wounded self takes over and loses touch with your core self (who you really are). You become stuck defining yourselves through your looks and performance and suffering the anxiety that comes from being so vulnerable to others' disapproval.

“In relationships, most of the time we make another responsible for defining our worth, we then try to control how that person feels about us.”

When we move into the intent to learn, one of the things we need to learn about is who we really are. However, we can't know this through our mind's eyes which is the eyes of our 'wounded self' who is filled with false beliefs. We can know who we truly are only through the eyes of truth. Let us look at this simple illustration. If you had you as a child, what would you value in that child? Would the child be worthy in your eyes only if he or she performed right or looked right, or would you see

inside to who this child really is? The latter is preferred since affection matter more but one who prefers the former is likely not to value the child because most of the time their behaviours, looks and performance is not what parents expect. I have experienced this through my short tenure as a class teacher where many parents are always negative about poor performance of their children because they do not expect it and I have always told them that that is their true children and we only need to find out why the poor performance meaning that whoever values children by the above are most likely to misfire especially in this current generation.

In relationships, most of the time we make another responsible for defining our worth, we then try to control how that person feels about us. This creates many problems you here in relationships if you have not had one or many of the problems you encountered in relationship if you have had one, because we are trying to get love, rather than share love. Only when we accept the responsibility of defining our own worth and learn to be loving to ourselves, we will have love to share with others.

In a nutshell, you always have to be yourself and don't try look and feel good to others externally but rather internally.

Class Pictorials



S.1



S.1



S.2



S.2



S.3

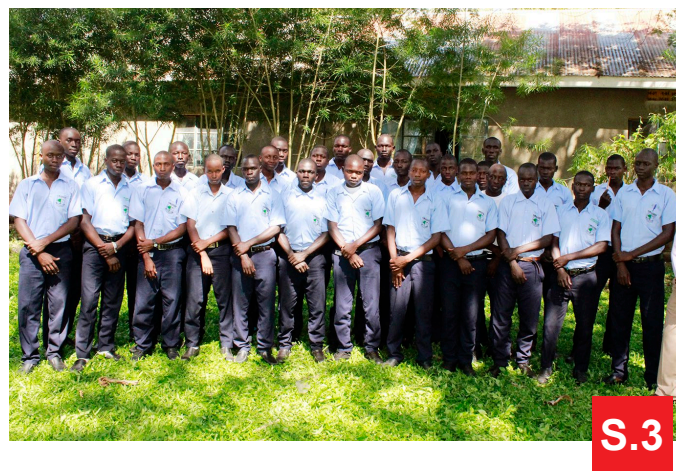
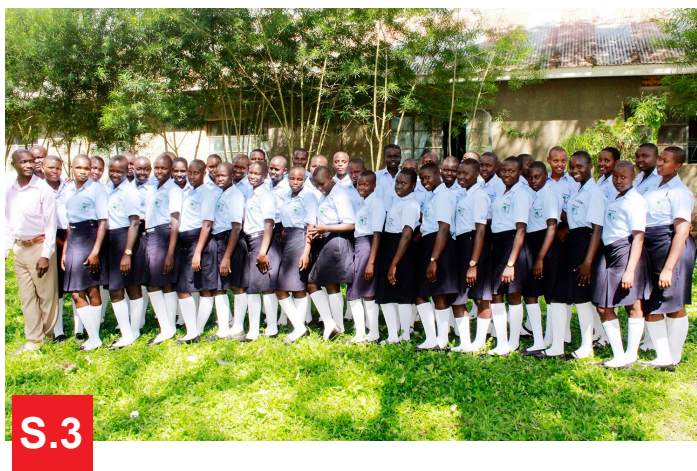


S.3

Class Pictorials



KIGUMBA INTENSIVE ANNEX



Top 5 Bible Verses For Self Worth

Most people today struggle with self-worth in a society that constantly tells them that they are never enough. It is often difficult to love ourselves when perfection is idolized and confidence is hard to find. We strive to be the best and become upset and angry with ourselves when we cannot be as successful or beautiful as others. Personally, I turn to God when I start to doubt my self-worth, and I found that reading Bible verses helps me to love myself more. Here are my five favourite Bible verses that help increase self-worth.

1. *"I will praise you for I am fearfully and wonderfully made."* -Psalm 139:14
God reminds us that since we are made in his image, we are beautiful. God loves us and never wants us to doubt ourselves and our value because he made us with love. When we decide that we don't like something about ourselves, we are insulting our maker, so we all need to learn to love ourselves just as we are.

2. *"The Lord does not look at things people look at. People look at the outward appearance, but the Lord looks at the heart."* -1 Samuel 16:7

So many people measure their worth in how they look. But God tells us that ultimately, this is not what determines worth at all. We are all valued in the eyes of God, and he focuses on not the outward appearance but the heart and the soul.

3. *"Because you are precious in my eyes, and honoured, and I love you..."* - Isaiah 43:4

Sometimes it is difficult to love ourselves fully when we don't see our true value. In this verse, God reveals his immense love for us, and this shows us the true value that is in human life. God tells us that he loves us and we are precious to him. This is something important to remember in times when self-worth is hard to find.

4. *"Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows."* -Luke 12:7

Here, God lets us know that he knows every detail of each individual that he created. We are all unique and special to God, and therefore he values us more than we could ever imagine.

5. *"And he said to his disciples, 'Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on.'"* -Luke 12:22

When we question our self-worth, we often worry about what we look like or what is happening in our lives. But in this verse, God tells us that we should never worry because he will always be able to care for us. If we turn to the Lord instead of worrying, we will find happiness in ourselves.

Karungi Marion Gorret
S.5 Arts (MEG)

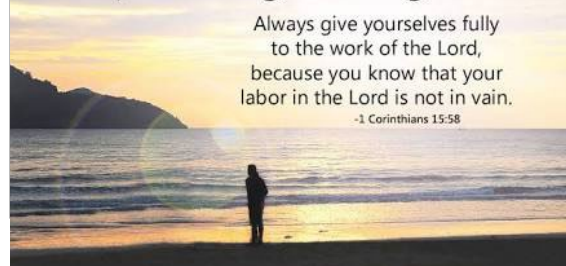


Therefore, my dear brothers & sisters, **STAND FIRM.**

Let nothing move you.

Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.

-1 Corinthians 15:58





BUILDING YOUR AND ESTEEM AS

Self-Esteem is the value that we give ourselves and the opinion we have of ourselves. Allah (Subhanahu wa Ta'ala) blessed us with an all-encompassing way of life called Islam over 1400 years ago, and it advocates the rights of all creation (men, women, elderly, children, animals, and our own 'self').

The Personal Level:

On a personal level, low self-esteem could actually drive a Muslim over the edge and directly into the fire of Hell! A person might change according to what an imperfect society or culture sees fit. These changes happen to a person's philosophy, opinions, and values. A sister in hijab might end up taking it off her head because she feels "ugly", because that's what the media tells her. But we shouldn't bow down to an imperfect system, when we have a perfect way of life sent to us and a perfect example to follow.

The Social Level

The social jungle has beastly menaces as well that intimidate a person and if he doesn't bring his 'spiritual defense' with him, then he is bound to suffer feelings of worthlessness. Peer groups or family members may bring about gatherings where a person is harassed or mocked for who he or she is. A person's lifestyle, and at times his entire existence, can be criticized. A self-esteem deficit here might lead a person into depression or social anxiety.

Steps to Developing Self-Esteem

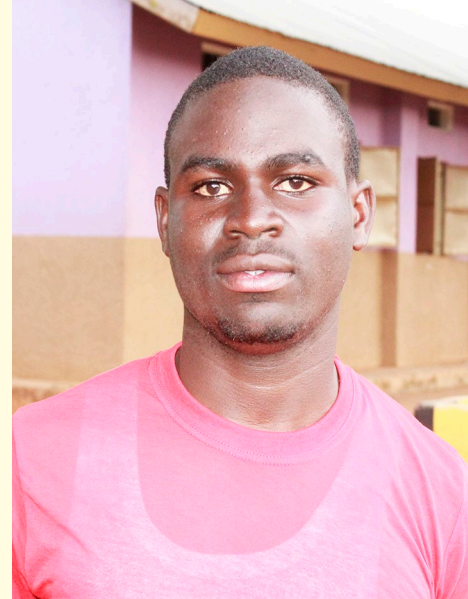
Self-esteem does not just appear out of nowhere; it takes conscious determination, spiritual connection with Allah (Subhanahu wa Ta'ala), and emotional balance. You should take one step at a time and build gradually on the quota of your worth.

1 – Personal Evaluation

Perform a personal 'Strengths' and 'Weaknesses' analysis. There are always 2 sides to a coin; you cannot be 100% good or 100% bad. So jot down all your worthy habits and characteristics, and also the negative ones. If you're running really low in valuing the good bits about you, have a trusted friend or relative help to point out the good things about you. You can also ask them to point out your faults and flaws. The best references for evaluating yourself are the Quran and

YOUR WORTH IS A GOOD MUSLIM

AMIS KAAHWA HARUNA S.4



Sunnah because they are the manual for right and wrong. Once you've reviewed your weaknesses, cross out the word and rename it 'Challenges' – these are the areas to work on to transform.

2 – Develop a Muslim Psychology

When you are made to feel low about yourself, you can keep your guard up by boosting your faith (Imaan). Islam, our deen, is a manifestation of truth, optimism, striving for perfection, and is the secret of personal and community success and happiness. Therefore, you should not pay heed to the worldly standards of beauty and glamor and feel down because you do not look a certain way. Know that you are a creation of The Majestic Creator; and secondly, you are of the Ummah of our beloved Prophet Muhammad (Peace be upon him).

3 – Develop Positive Skills and Habits

Positive self-development and activities can give a major boost in self-esteem. Activities like the recitation of the Quran with translation and exegesis (Tafsir) are especially positive because by learning you feel that you are enriching your mind. Establishing punctual, dedicated prayers (Salaah) 5 times a day also ensures a sense of worthiness because you know that you are a slave of The Most High, and that honour and dignity are achieved through Islam. Thereafter, insha'Allah you can also find what you are good at and what you love to do, and initiate your own project (like a fundraiser, for example) or join appropriate extracurricular activities

4 – Personal Grooming

Modest dressing and etiquette is sometimes misinterpreted and people end up appearing unkempt or unclean. Our deen enjoins modest Islamic attire, as well as cleanliness and tidiness.

5 – Find Birds of a Feather

Since "birds of a feather flock together", find a supportive peer group. If your gatherings are full of folks that ridicule your beliefs and values, then you are bound to feel worthless. Mingle with the righteous who acknowledge your worth, help you identify your weaknesses, and are indulged in productive and wholesome habits. You can evaluate your gatherings by the kind of activities that happen. If your company spends their time at parties with activities such as music blaring, backbiting, smoking, and adultery, then it's about time you realize that as a Muslim you are not in the right company. However, if you have good friends who relax and enjoy themselves within the wise bounds that Allah (Subhanahu wa Ta'ala) has set, and your productive activities include attending halaqas, praying in congregation at the mosque, discussing spirituality, understanding and memorization of the Quran, and similar positive topics, then you are bound to feel secure and benefit from the gathering.

6 – Grow From Your Experience

It would all be useless if you learn to value yourself and then forget it at the end of the year! Make a note of how you increased your feeling of self-worth, record the names and resources you sought and benefited from. Observe and

record the changes in your attitude towards others and towards your life, and also the attitude of others towards you. Your achievements and the changes bi'ithnillah would keep you motivated.

7 – Develop Your Defense

Once you have mastered the above steps, you can test yourself by performing a simple self-check: test your response to wrongful criticism. You should speak calmly and articulately, assertively and firmly, with the Quran and Sunnah as reference. Remember being assertive and firm does not mean speaking harshly or rudely.

8 – Defend Your Brother or Sister

It takes courage to stand up for yourself, but also to stand up for a brother or sister. When you see somebody being demeaned for something personal, politely support and defend them because they are your brother or sister in Islam. In fact, regardless of who is being unfairly accused or oppressed, we should strive to stand up for the truth and for justice. These steps are just the basics. It is up to you to treat yourself well and discover what uplifts your morale and rebuilds your self-esteem. An important point to remember is that very low self-esteem is corrosive to one's existence because it robs you of happiness and a sense of self-worth. At the same time, too much self-esteem is extremely destructive as it leads to pride, arrogance, and narcissism. Islam distinguishes the most successful living strategies; if you measure your self-worth by Islam and not by society, and synchronize your life with your faith, you can overcome the self-esteem deficit soon.



UGANDA'S YOUTH

Compiled and edited by,
Mugisa Emmanuel Edwin

The theme for this year's Kismag is "Know your worth". This is in line with the 2030 Agenda for Sustainable Development, which recognises that '... young women and men are critical agents of change' in society.

Young people represent the future and are critical in building social cohesion, economic prosperity and political stability of the country. They can play this role if there is a conducive policy environment that promotes collective engagement in democratic processes. Therefore, they need support and encouragement by government, as well as non-State actors in order to meaningfully contribute to national development.

As you may recall from history, 50 years ago during the spring of 1968, Europe experienced a social and political change led by university students, who demanded for political participation. The innovative ideas from the youth resulted into a major progress in as far as political, economic and cultural rights are concerned. One concrete outcome of this youth revolution was that the students obtained half of the seats in the study boards of the education institutions. This inspired the rest of society, especially other marginalised groups, who saw an opportunity to enhance their rights to political and economic inclusion. The main outcome was broadly accepted throughout Europe.

Thousands of women became part of the labour market for the first time and started demanding for equal opportunities for women and men. The innovative ideas from the youth resulted into a major progress in as far as political, economic and cultural rights are concerned. In Europe, the year 1968 is, therefore, a reminder of how the power of youth can potentially herald change.

In Uganda, 78 per cent of the people are be-

low the age of 30. This means that Uganda has one of the youngest population in the world. We also know that Uganda has experienced a decline in growth over the last couple of years with the national poverty rate increasing from 20 per cent in 2013 to 27 per cent last year. Low growth combined with a fast growing population and lack of access to quality education and meaningful jobs, makes the youth by far the most vulnerable group. At the same time, the young population has immense potential as agents of change to propel economic development, if provided with the right set of skills.

As Nordic development partners in Uganda, we are committed to investing in the youth. We want young people to believe in themselves and to know that they can individually and collectively contribute positively to national development.

We have observed in Uganda that youth are often invited to discussions with the elders – including according them special seats in Parliament. However, their views and voices are often not sufficiently taken into account when making decisions that affect them.

We, therefore, encourage Ugandans to promote a culture of broad participation of all persons regardless of age and gender instead of merely providing exclusive space, which does not necessarily translate into inclusive dialogue.

We recognise that Uganda has made significant progress in increasing the number of girls completing primary school. However, we remain concerned that only about 33 per cent of them progress to secondary or higher education.

Furthermore, statistics indicate that at present, more than a third of girls in Uganda get married before the age of 18 and almost three in 10 have a child before that age.

This is worrying and that is why as Nordic development partners, we have made it a priority to focus on the sexual and reproductive health and rights for young people in Uganda. Together with the Government of Ugan-

da, we are particularly interested in reversing the high rates of early child marriages and early pregnancy among young girls.

We believe that by enhancing access to both knowledge and basic health services, young girls will be empowered to make informed choices thus giving them a chance to create meaningful lives for themselves. This will contribute to building a productive work force for the benefit of everyone.

On the social-economic front, we all acknowledge and believe that freedom of expression is essential for building sustainable development, political stability and democracy. In this regard, we recognise the constitutional provisions to protect and promote freedom of expression in Uganda. However, we have witnessed some reversals in the recent past.

In particular, we are concerned that the new tax that recently levied on social media could potentially limit freedom of expression of the youth and curtail their opportunity to participate in political dialogue.

The youth are the most regular users of these social media platforms for communication. We recognise that Facebook, Twitter and WhatsApp are popular and widely used in Uganda as means of quickly getting information and people's voices on a variety of issues from across the country.

We, therefore, encourage government, in the effort to increase domestic revenues, to reconsider other options for taxation that do not reduce participation of the youth and other vulnerable groups in development of this country.

My fellow Nordic ambassadors and I would like to encourage the political leadership of this country as well as institutions working with the youth to recognise their great potential and responsibility to contribute to the development as prescribed under the SDG framework.

This is an edited version of Mr Pedersen, the Danish Ambassador's speech at the 2018 Nordic Day on Wednesday, June 21st 2018.



ADDICTIONS THAT PROBABLY YOU NEVER KNEW AND MAY THREATEN YOUR PERSONALITY

AKWANYA INNOCENT

akwanya.innox@gmail.com

This story covers the daily aspects of a youth and tells out what you may ignore and probably fail to notice that it's actually affecting your life as an addiction.

One evening as I walk by the streets of Kalerwe Town, I see young lads in great numbers, seated and watching a football match this time not only for enjoyment or relaxation but also with other ambitions. They have gambled their luck and are probably waiting earnestly for the final whistle, whichever it may be either half-time or full-time, to judge their fate. This is called sports betting. The habit starts slowly, may be its friend who introduces you to the art, it may also be a relative or even because of curiosity or being lured by the ever-enticing adverts on media and everywhere. The art then grows up slowly by slowly until it reaches a point where you can't sling out your neck out of the loop-you are addicted!

That's one side of the story, there are many other things you can get addicted to these Include:

1. SOCIAL MEDIA/ SMART PHONE.

Phones are handset devices which close to half of the adult population could be owning. the owners of these devices keep swiping across their screens each and every time. they come in handy, with a variety of apps(applications) which actually

keep alerting their owners each and every time, these include but not limited, WhatsApp, twitter, Facebook, viber, among others. How would you know that you are probably addicted to your handset? Here's the answer. Try keeping off your handset for just twelve hours and only respond to calls or messages (SMS) without logging into Facebook, WhatsApp or social media apps, in case you feel you really can't survive without them, then probably you are getting addicted. On the other hand these smart phones are also good, they make dispensation /distribution of information fast and easy, via the social media and also people keep in touch with old friends, relatives, fiancé's. Other people even make money using social media so it isn't bad but you ought to regulate its use lest you become addicted.

2. DRUG ADDICTION.

There are certain drugs which when taken respectively and without strict monitoring or prescription, they can be addictive. These include morphine, pethidine, and certain cannabinoids (derivatives of cannabis). Other addictive non-prescription drugs include nicotine (in tobacco), opium, cocaine, heroin kuber and AL-COHOL.

3. EATING ADDICTION.

There are people who want to keep eating all the time. They can never get full of food. You actually find out that

each and every time they keep chewing or munching food.

4. SHOPPING ADDICTION.

Other people are actually addicted to shopping. They can't spend a day or two without reaching the market, shop or super market. They want to keep buying things even if it may not be necessary.

5. ADDICTION TO MUSIC.

It's interesting to note that some people cannot live normal lives without listening to music. They will at any cost look for some music to get themselves entertained. How can you overcome these addictions then?

WHAT'S YOUR ADDICTION?

Whether you're dealing with an addiction to alcohol, tobacco, sex, drugs, lying or gambling, admitting that you have a problem is always the first step to overcoming it, and it is not easy.

Make a personal decision to Quit. Then keep off the triggers. In extreme cases the person is taken to the rehabilitation center to enable him or her reform, before he can live again with other members of the community where he or she is from.

Addiction can be harmful to both the person addicted and the society. The writer of this article is a student of Makerere university Kampala.

Clubs and Societies

THE ENTREPRENEURS CLUB



LEARN HOW TO SAVE YOUR MONEY.

Pocket money is a source of strife in many families as many parents wonder how much money should I give my child as pocket money which is enough? , why do many children find it difficult to responsibly?

For most students think pocket money is for spending lavishly to buy daily items such as food known as "diet," sweets, biscuits, etc. and when it's done within two weeks, they fall back to school food "beans and posho".

It's very essential to instill a saving culture among the young generation to have a future self dependent generation though, it may seem difficult but with time one will cope up with it and find it easy and very useful. Here are some of the tips to saving;

- Set goals which will give incentive to save e.g. to start up a business, to buy a fixed asset like land, for further studies among others, "have a reason to save"

- Write down each goal and the amount of money you need to fulfill that goal.

- Determine how much to save so that to raise the set amount.

- Know that your pocket money is not for spending on daily food but use it only in emergency situations, so the rest can be saved. Understand that not all money received is spent; some can be saved for future use.

After learning how important it is to save, it's equally important to understand how to spend your income.

Most people as we grow, study and finally get jobs, we earn unexpected income which turn our lives. Learn from the story of Mr. Phelix

Byamukama a resident of Pakanyi Masindi District.

He grew up from a poor family studied and graduated with a Bachelor's degree in Economics.

He stayed for five years without a job, resorted to selling chapatti, which earned him a living.

Eventually God answered his prayers and got a job as a procurement manager in Kinyara sugar factory. He started 2.5million-shillings. This unexpected income made him to purchase anything he could set eyes on and could spend on luxurious things, drinking among others.

As a result his desire for good things grew so big that he incurred a lot of debts which his salary could no longer pay. He lost motivation to work; his efficiency decreased and eventually lost the job.

So sudden increase in income is not easy to handle unless you plan efficiently. The following are some tips on what to do in case your income increases suddenly like getting a new paying job, wins betting money, competition prizes, donations etc.

- Deposit first that on an account, preferably affixed deposit account as you plan how to invest or spend it.

- Keep your earlier consumption habits constant for at least six months.

- Ensure to have limited liquid cash at your disposal to avoid over spending.

- In case you wish to invest your income have a business plan and make proper financial budgeting.

- Costly seek for financial guidance from



reputable investors or entrepreneurs and get skills in business .

Conclusively in order to manage personal finances saving is a paramount and let not your personal desires surpass your goals. Therefore all successful entrepreneurs always save and invest than consuming their income.

"Start small, gain big"-

"To hell with job seeking"

COMPILED BY: MADAM RASHIDA NAGUJJA
Department of Entrepreneurship

The Agriculture Club



THE PATRIOTISM CLUB

The Writer's Club



With great pleasure I would like to welcome you our dear esteemed readers to the fifth edition of the KISMAG. An icon of diplomacy that gives a platform to students to express themselves. As the WRITERS CLUB, we enhance the strength of a pen. We follow a trend that leads to success as our aim is always at the moon and if failure comes definitely we find ourselves among the stars; “that’s us “Basically we look forward to inculcating the spirit of writing into the minds of students because we believe that goals in writing are dreams with deadlines .But its indeed absurd to find that most of the students despise and undermine themselves. They often

feel offended by their own point of origin. My fellow students dwell not in the past but focus in the future, build confidence and strength in you because where there’s strength in the present there’s hope in the future: this explains why those successful today started from where they were

Always remember that every single light that comes your way is only important if you brighten it. Be focused and dare not to fear because FEAR itself stands for:-

False
Evidence
Appears
Real

Remember not to procrastinate since it’s a thief of time. Build up confidence and move on knowing that the end of a race is the beginning of another tough one .Though when the going gets tough only the

tough gets going and providentially tough times never last .Have prowess as you play your cards so as you to attain the desired dream goal because if you have nothing to die for you have nothing to live for. It’s therefore important that you know your worth.

PRESIDENT WRITERS CLUB
OGWAL DAVID KIZITO



The ICT Club



First of all, I would like to post my sincere appreciation to the Kismag officials for giving me this opportunity to share with you the esteem readers.

The ICT Club is one of the newest clubs in the school that is the fast progressing. It was started officially by the school in late May this year under Tr. Joshua as the pioneer patron.

It has attained a number of successes; we managed to take a lion's share in the National Essay writing competition whose details are still in this edition of the Kismag. We give the Glory to God for such advancement.

The Club activities and projects are mainly to enhance problem solving through ICTs like developing soft wares. The latest project to be completed possibly next

year is the meal card system by the junior club that can help in the welfare department at school.

The club is organizing through the school administration, to take the interested club members and other well-wishers for a Technology camp. It will possibly be in Gulu scheduled for January next year at a yet undefined date. We ask for maximum cooperation and support for our own benefit.

Our aim is that in some years' time, we shall have come up with various discoveries that will provide a number of solutions to Mother Intensive and Uganda at large. Therefore, I argue to be part of this club as we chase our dreams. Thanks.

OSCAR ONAP
The President Ict Club



The Scripture Union



CATHOLIC
COMMUNITY

ANGLICAN
COMMUNITY



The Kiswahili Club

CHAMA CHA KISWAHILI SHULE YA SEKONDARI KIGUMBA INTENSIVE

Mratibu wa chama: mwl. BUBERWA WILLIWAM

MWENYEKITI: APIO VICTORIA

(Mwanfunzi kidato cha pili mkondo wa kasikazini)

Naibu mwenyekiti: MATATA JOSEPH

(Kidato cha pili mkondo wa kasikazini)

Mweka hazina: AHEEBWA FOSKA

(Form ii kasikazini)

KATIBU: SHAFIK Form 1 Kusini

WAWAKILISHI

ALINAITWE TOEPISTA

(Kidato cha kwanza Mondo wa kasikazini)

ACHAHA SIKO BEN: Form 2 kasikazini

AGANYIRA JOB : Form 1 Mashariki

NINSHABA BENON: Form 2 Kasikazini

ALIGUMA COLLINS: Form 2 Kasikazini

AWELI RITA FORTUNE: Form 1 Kusini

TUKIKUZE KISWAHILI KAMA LUGHA ITAKAYOTUU
NGANISHA KWA KOTOHUSIANA KISURA WALA
KIKABILA.

(LUGHA YA AFRIKA MASHARIKI)

“MIMI NA WEWE TUNaweza.”

KWANINI KISWAHILI?

Jameni wapendwa wana Uganda wenzangu, wa Afrika Mashariki, Bara la Afrika na Duniani kote, tunawaomba kuienzi na kukikuza Kiswahili kama lugha ya msingi itakayotusaidia kutuunga na kutuwezesha kuupukana na Ukabira unaotumaliza, Ubaguzi wa rangi na sana sana “UKOLONI MAMBO LEO” ambao umetushaurisha lugha zetu za kiafrika huku tukichanganya kiingereza katika kila tunalonena. Ni kwa ushirikiano wetu nanyi tukatimiza lengo hili

Asanteni sana

“Umoja wetu nguzo yetu”

‘CHAMA CHA KISWAHILI SHULE YA SEKONDARI KIGUMBA INTENSIVE’

WHY KISWAHILI?

Dear fellow Ugandans, East Africans, African continent and the whole World, we request you kindly to like, love and embrace Kiswahili as foundational language that will help us get rid of Tribalism, Discrimination, Racism and majorly Neo-colonialism that are finishing us. They have made us forget our African Languages by embracing English. With unity we believe really we can get rid of these hence achieving our objective.

Thank you very much.

“UNITED WE STAND”

KISWAHILI CLUB





GOD'S LOVE FOR YOU AND ME

How wonderful and beautiful it is to be a catholic where there is no worry, no stress and no weeping never to regret for having been born a catholic because god created you and me and he sent down his only begotten son Jesus Christ who was arrested, tortured and killed on the cross to save mankind. By him accepting to die on the cross, he saved you and me. When I think about the wonderful things to him by saying "thank you lord!" who are you not to sing and worship him. God is above all things. Real glory springs from the silent conquest of us. For life is the first gift God has given. Love is a second, the third the talent god has given; it could be singing, dancing, writing and debating since your talent is God's gift to you. What you do with your gift back to god. When troubles and temptations came, Stay firm in faith and pray to god because temptations are meant to prosper you to the next level of faith. People like job, prophets like Elijah and John the Baptist gave their lives for the truth. Finally whatever you decide, decide with your heart because we have to have patience for the coming of Christ since patience enable lighter what sorrow may not heal. Always remember that where there is no truth by precise becomes a good taste and life without Jesus there is no life. God will grant you everything if you have faith in him so know your worth.

B-Best
I-Information
B- Before
L- Leaving
E- Earth

P-Pray
U-Until
S-Something
H-Happens

Seminarian: BYARUHANGA ROBERT DABANJA
S.5ARTS



KNOW YOUR WORTH

NYAMAIZI JOSEPHINE - SWT ANNEX

I take this chance to thank the chief editor Mr. Kilama Patrick and his team for the great work done. The theme of this year has come at a very relevant time. Many children in Uganda today have forgotten or don't know their worth. With our students in Kigumba Intensive Annex, we always carry out guidance and counseling monthly to remind them of their value. This, however, doesn't work for all students and I must say that this is because some parents tend to think that the school is enough to mould their children.

Dear parents, you should realize that what we have is like marriage between us. You are the fathers because you provide the fees and then the school is the mother. That means that if we all don't have the same goals; molding our children to become responsible, successful citizens, then there are bound to be problems and one of them is children not knowing their worth.

As a mother and senior woman teacher, it always hurts to see that every time some children come back from holidays their behaviors and attitudes are bad. Then, we have to again go back from zero to bring this child back on board. We start fighting vices such as indecent dressing, over dressing, escaping from school, alcohol and drugs. Therefore, my humble appeal to our parents is that you should also, while these children are at home, maintain their discipline. Protect and love your children by creating time for them. By this, they will know their worth as constant interaction will help you remind them of their importance in your life.

We sometimes as parents also love our children so much as not to make them lack anything. This is a good thing but on the other hand, the technology of smart phones is causing a lot of distraction from their studies and addiction to having these items thus bringing them at school yet it is illegal. My appeal is that we should regulate its use and also get concerned of what they use these items for.

If we work together as a team, definitely our children shall know their worth. Those (most of you) who have worked with us, I thank you. May God bless your endeavors. For those that are still lacking, there is still time for change. Don't give up on yourself or your child.



1. MOST FAMOUS STUDENTS

MALE

1. Ssegawa Samson 26%
2. Ocakacon dickens 24%
3. DA TWINS 36%
4. OPIO DENIS 14%

FEMALE

1. AHABWE PEACE 41%
2. SAMS F4 19%
3. OLIVER AKELLO 19.7%
4. MAIYA PRISCA AKA PIA 19.3%

2. MOST FAMOUS TEACHERS

MALE

- MR. SEMPRA RAMADAN 15.4%
- MR. ODAGA JOSEPH 30.6%
- MR. SORO CRISPO 42%
- MR. MURO 13%

FEMALE:

1. MADAM GRACE (SWT) 14.2%
2. MADAM ANYANGO IREN 36%
3. MADAM TUMUSIIME FLAVIA 30.8%
4. MADAM FATUMA BURALI 30%

3. CHILLING ZONES.

1. PIYOT 19%
2. MALAYA STREET 18.8%
3. ENTERTAINMENT ROOM 41.2%
4. LOVE GARDENS 21%
4. DANGER ZONES.
1. ACADEMIC OFFICE 34%
2. STAFFROOM 14.1%
3. MAIN HALL ESP GENERAL C 36%
4. IN FRONT OF CANTEEN 0.9%



5. BESTY MOMENTS

1. WELCOME PARTY 27%
2. EASTER MOMENTS 13%
3. VISITATION DAY 48%
4. HOUSE DAY 12%
6. WORST MOMENTS
1. EXAMINATION PERIOD 50%
2. KAYAZ [BROKENESS] 20%
3. GENERAL 27.6%
4. BORDERS MEETING 2.4%

7. SMARTEST TEACHERS:

MALE

1. MR. SEMPIJA MARK 18%
2. MR. KILAMA PATRICK 22%
3. MR. TIBENDA 46%
4. MR. JOHNSON 14%

FEMALE

1. MADAM GETRUDE AKELLO 20%
2. MADAM JUDITH AKELLO 18%
3. MADAM WINNIE NANYANZI .B 30%
4. MADAM JANE MARY KYAMBADDE 32%

8. SMARTEST STUDENTS

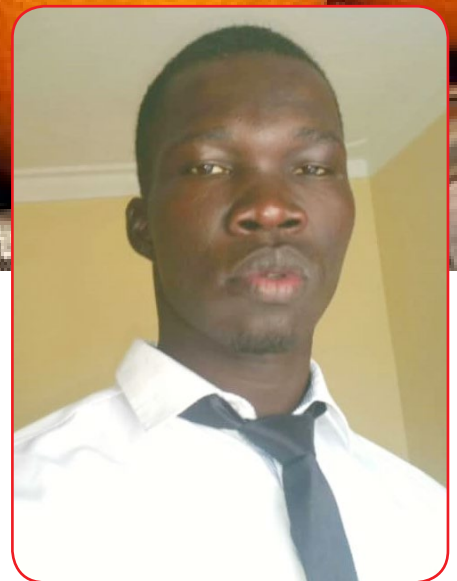
MALE

1. BATURUMAYO KIIZA 30%
2. MUGISHA EMMA 14%
3. KIZITO DAVID 20%
4. MUGABE ROBERT 46%

FEMALES

1. ELLIENE 20%
2. AYURU EDITH 30%
3. AINE CHARITY 36%
4. KEZABU WINNIE 14%

THE COMMON SKIN INFECTIONS



BACTERIAL SKIN INFECTIONS;

The skin provides a remarkably a good barrier against bacterial infections. Although many bacteria live on the skin, they are unable to establish an infection. Bacteria infection may affect a single spot, appearing as a pimple or may spread within hours, affecting a large area. The skin infection may range in seriousness from minor to a life threatening condition.

There are many types of Bacteria that can infect skin and the most common ones are the **STAPHYLOCOCCUS** and **STREPTOCOCCUS**.

The infections from less common bacteria may develop while in the hospital or nursing home or gardening, swimming in pond, lake or ocean. Some people are at particular high risk of contracting skin infections, for example people with Diabetes because

they have poor blood supply especially of the hands and feet and people with AIDS due to depressed body immunity.

A break in the skin predisposes a person to infection like scratches or other irritations.

The following are some of the common bacterial infections .

BOILS [FURUNCLES];

Are large, tender, swollen, raised areas caused by Staphylococcus infection around hair follicles. They are most frequently found on the Neck, breasts, face and buttocks but are particularly more painful when they form on the nose, ears or the fingers. Boils usually have pus in the center, often a white slightly bloody substance oozes from boils.

“

Good hygiene practices and proper ironing of clothes

Avoiding sharing of clothes and bathing materials

”

Early recognition and treatments.

IMPETIGO;

The skin infection caused by staphylococcus or streptococcus leading to the formation of small pus-filled blisters [pustules]. It mostly affect children, and it can appear any where on the body but frequently appears on the face , arms and legs. The blisters can vary from pea- sized to large rings. Impeto may follow an injury or condition that causes a break in the skin.

Early treatment with antibiotics can prevent it from affecting the deeper skin.

FOLLICULITIS, BOILS AND CARBUNCLES;

Folliculitis is an inflammation of the hair follicles, caused by staphylococcus. Small pus developed in the hair follicles, and becomes irritated and reddened.

CARBUNCLES;

Are clusters of boils that result extensive sloughing of skin and scars, formation. Carbuncles develop and heal slowly than single boils and may lead to fever and fatigue because they are more serious infections.They mostly appear in men on the back of Neck ,and in older people with Diabets, and people with serious medical conditions. Treatments; keep the skin clean, preferably with liquid soap containing antibiotic agents, is the best way to prevent these infectionsor its spread to others.

CELLULITIS;

Is the spreading infections in and sometimes beneath, the deep layers of the skin.it is mostly result from Staphylococcus infection, however, many other bacteria can also can cause Cellulitis. It is most common in the legs and often begins with skin damage from minor injury, a sore or fungal infections between toes.

Cellulitis produces swelling , tenderness, warmth and redness and symptoms include fever, chills, headache and more serious complication, such as confusion, low blood pressure and rapid heart beat. Antibiotics may be prescribed for treatments eg Penicillin etc.

FUNGAL SKIN INFECTIONS RINGWORM;

A fungal infections of the skin is caused by several different fungi and generally classified by its location on the body.

BODY RINGWORM;

It results from trichophyton. The infection generally produces a pink to red rash that sometimes forms round patches with clear areas in the centers. Body ringworm can develop any where on the body.

SCAL RINGWORM

Caused by trichophyton or microsporum, another fungus; it is highly contagious amongst children.

It may produce a saly rash that may be some what itchy or it may produce a patch of hair loss without a rash.

NAIL RINGWORM;

It is an infection caused by Trichophyton . The fungus gets in to the new forming part of nail, producing a thickened lusterless and deformed nail. It is more common in the toenails than fingernails. An infected toenail may separate from the toe, crumble or flake off.

TREATMENTS AND PREVENTIVE MEASURES

Antifungal drugs may be prescribed in the form of oral and topical application cream.

Good hygiene practices and proper ironing of clothes

Avoiding sharing of clothes and bathing materials

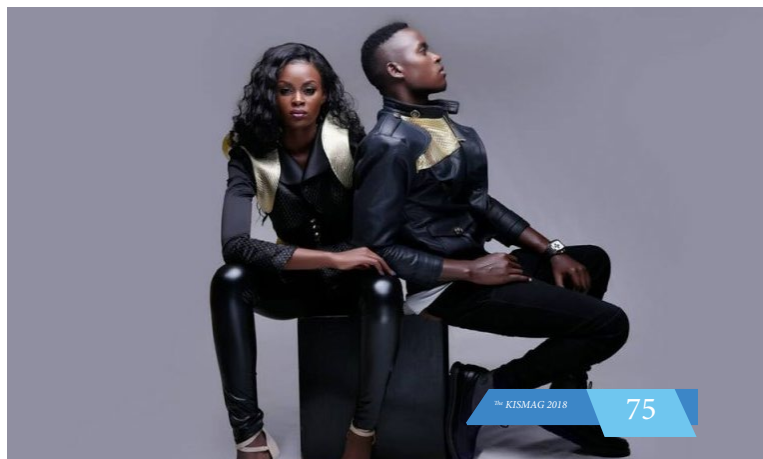
Early recognition and treatments.

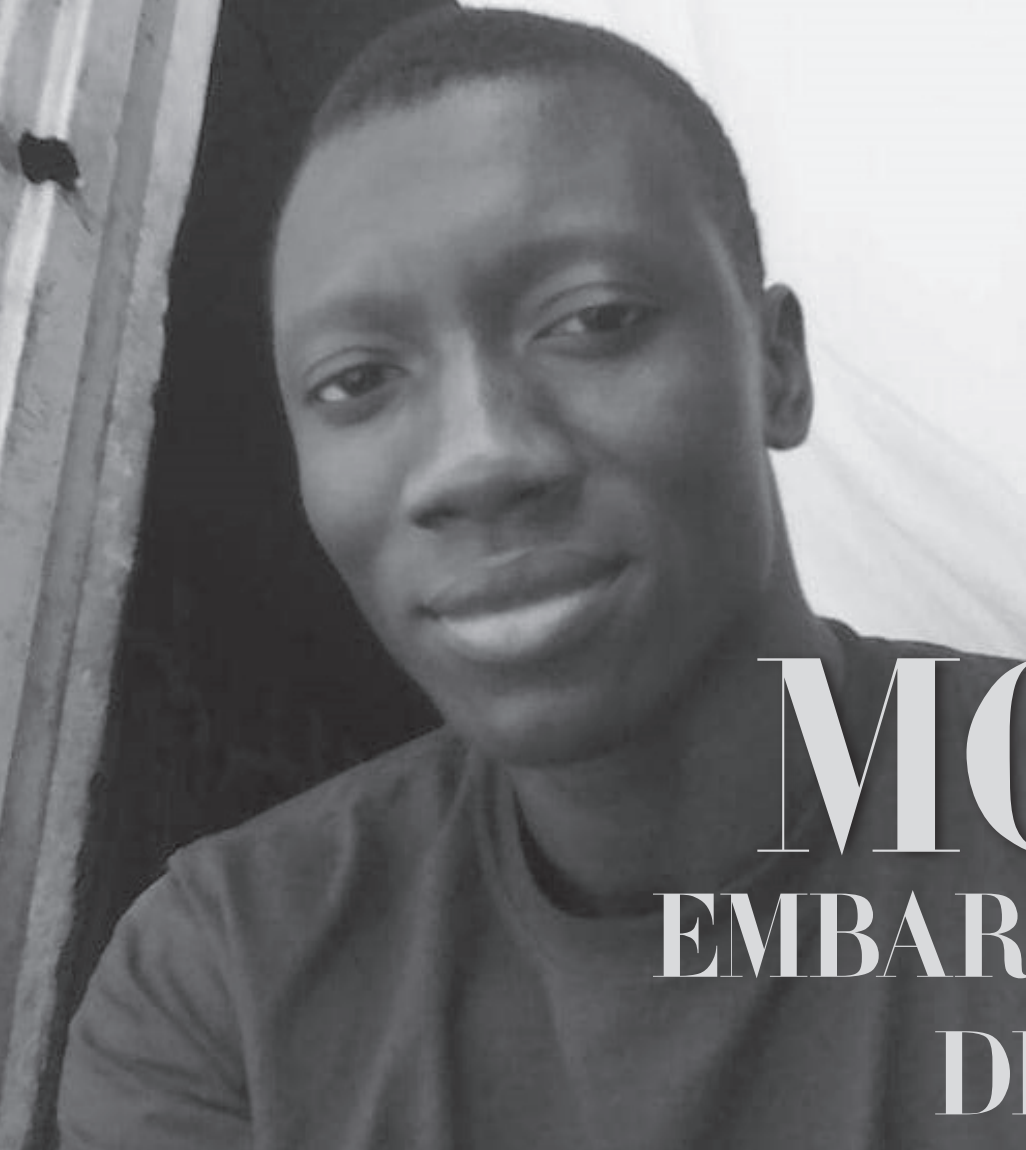
PREPARED BY MR. MICHAEL AYELLA
THE SCHOOL NURSE KISS

I WISH EVERYONE A MERRY CHRISTMASS AND
A PROSPEROUS NEW YEAR 2019, GOD BLESS
YOU ALL.

FASHION & STYLE







MOST EMBARRASSING DISEASES

DR OKUMU RICHARD

Visiting the doctor can be embarrassing, even under the best of

circumstances. After all the poking and prodding that goes on and the probing questions you have to answer, it feels like there's nothing left the doctor doesn't know about you, except ofcourse for that one thing you're too embarrassed to tell them. Apart from the

embarrassment of disclosing it to the doctor, they are a big source of stigma and lack of self-esteem among peers.

A few of the embarrassing diseases are below;

1. Jock itch.

Medically known as tinea cruris, jock itch is a common condition caused by fungal infection of skin. Usually it starts out as a minor itch in the groin (the skin crease where your legs join your torso). Soon, it becomes a major itch that drives you up the wall, making you stop

all other activities. Imagine the embarrassment by such an itch to a teacher making a serious point in class or addressing a school assembly, or the president addressing the nation! He would have to stop suddenly and give 100% concentration to scratching themselves.

Unfortunately, if left untreated it can spread to your thighs, buttocks and genitals, eventually resulting in to open sores. Good news is that it can be treated with appropriate medicines. The simple trick

2. Bad breath

Medically known as halitosis.

If nobody seems to want to hear about much of anything from you face-to-face however interesting it might be, you may have a common problem: bad breath. Even worse than discovering your own bad breath is having someone else bring it up to you, especially being embarrassed by a crowd of peers. Once it's brought to your attention, however, trying to ignore the issue won't prevent others from noticing your stinky breath as they slowly back away.

Bad breath is often caused by smelly foods you eat such as onions or garlic, and failing to brush your teeth. In these cases, the problem resolves shortly with brushing.

Bad breath can also be a sign of more serious conditions such as mouth infections, tooth disease, lung disease, liver disease or diabetes. It's always worthwhile to visit a health worker if bad breath persists despite tooth brushing.

3. STDs

Discussing just about anything that falls under the umbrella of "sex" can feel taboo, and any problems you're having in that department may seem downright shameful. The adolescents are even far more ashamed than any other age groups. But when it comes to sexually transmitted diseases (STDs), the sooner you talk to a doctor, the better. This means treatment can begin immediately, possibly preventing worsening health due to an STD. For example syphilis can cause serious damage to your body if left unchecked, including damage to internal organs like the heart, spinal cord and even the brain. For gonorrhoea and Chlamydia infections can cause infertility in both men and women if left untreated, let alone the uncountable complications of AIDS caused by untreated HIV infection. If you have involvements in sexual acts or are suspicious of having an STD ranging from itch, rashes, painful urination, funny pus-like discharge or wounds in your private parts, please seek urgent medical care.

4. Candida (Yeast infection).

Medically known as Vulvovaginal candidiasis, candida is a common fungal infection in the women. It is not a sexually transmitted disease (STD).

Much like STDs, candida can be embarrassing to discuss simply because it involves an unpleasant issue around the private parts and majority wrongly believe it's acquired sexually. Candida just starts on its own due to hormonal changes in women, stresses, illnesses, overtaking antibiotics and girls or women sharing bathing equipments enhance the spread.

Candida commonly produces a white or milky odourless vaginal discharge, and can also cause itching, redness, soreness and pain during urination or sex. However, these can also be symptoms of other conditions such as STDs, so it's important to get medical check up to correctly identify the problem.

5. The list continues including premature ejaculation, erectile dysfunction (impotence), pimples, jiggers, lice, ringworm, et cetera.

In conclusion, maybe it's an unsightly rash on your rear end, or a nagging itch in a spot that's just not socially acceptable to scratch or perhaps it's something that would suggest the person did something wrong, embarrassing medical problems come in many varieties; while some are simple illnesses, others can be life-threatening if left untreated. So while it may seem like a complete surrender of your privacy, giving up the goods when it comes to disclosing embarrassing issues to your doctor is often the best thing you can do for your health. After all, the doctor has the responsibility of ensuring privacy and keeping confidential every information you disclose to them. And as the saying goes, if you feel ashamed and don't find time for your health, soon you'll find time for your illness.



Some of the historicals

SPORTS HISTO



kizza Ibra 2012-2016



Ochira Jordan 2015-2016



Nyakoojo Davis 2012-2016



KIBI AMBROSE SANCHEZ. 2016-2017



BAIGA RIHARD 2015-2017

ORICALS



Semwanga Robert 2015-2016



Capt. Abitegeka Allan.



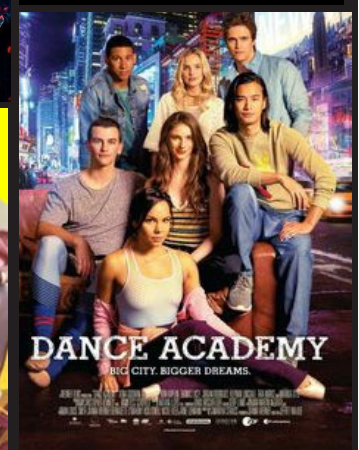
kibi in action

KISS LEAGUE





2018 Latest Movies Musicians



Year Book

2018

List Of Contacts & Photos For Candidates

S.4 & S.6

NAMES AND CONTACTS FOR S.4 CLASS 2018 (BOYS)

NAMES	CONTACTS
Amis Kahwa Haruna	0779910009 / 0755084878
Wani Patrick	0785627339
Kato John Dickens	0779695373/0774668495
Abdul Karim	0751431281
Oketa Ronald	0780569340
Ongom Ivan Comas	0779575218
Male Ben Bosco	0779713483
Abigaba Ronald	0780159405
Olamanono Ronald	0780584164
Munuryke Simon	0786296937/0779714579
Wabyona Johnson	0774277883
Amanya Paul Perino	0783222650
Katete Ronald	0786280554
Sonny Edwin May	0785337692/0755724867
Kwesiga Dan	0773844870
Ocero Benjamin	0775516112
Otwom Ivan Frank	0774580538/0705131575
Kaija Sam	0770793756
Okot Aaron Junior	0793646039
Omara Jonathan	0773422503
Akara Ronald Kenneth	0782409282
Kyambadde Denis	0774384854
Mugabe Shariff	0787722433
Oyaro George	0788556246/0782431520
Rashid Hassan	0785382957
Kakuru Jotham	0773443375
Agondeze Lawrence	0777994814
Kamuhanda Henry Asiimwe	0787143369/0775082477
Wabyona Asuman	0779910009
Obira Richard	0781407860

	NAME	CONTACT
1.	KIIZA GODMAN	0772252638/0784224752
2.	OKUMU REAGAN OLOYA	0781117054
3.	OBUA JOSHUA	0392173474/0773668607
4.	KABALE LAWRENCE	0777452745
5.	TUMWINE ELLY AKLAM	0758507178/0788382278
6.	OKORI ANDREW	0394826080/0778581903
7.	OKELLO DANFORD	0702032722
8.	ONEN FRANCIS KILAMA	0773392256
9.	OGWAL MORISH	0779552954
10.	ATUHA ELISHA ARON	0772450023/0777424658
11.	ONEKALIT BILL	0785731148
12.	ODUR JACOB	0787834979
13.	JACOB SANTOS ORYEM	0788045217
14.	MURUNGI COLLINES	0772113762/0773393180
15.	MUGABE DAVID	0780736162
16.	OKELLO JIMMY	0780909494/0780909848
17.	ACHELLAM HABERT	0772154343
18.	MANAS JINAP	0778043017
19.	MWESIGE ADREW	0779087179/0784778152
20.	ALINAITWE DAVIS	0784227240/0783574409
21.	BUSOBOZA JULIAN	0779894369
22.	TALEMWA JAPHETH	0777860666
23.	OFUHO DANIEL COMBONI	077228531/0775604898
24.	MUNGULENI VICTOR	0788754481
25.	UDRIGA ASUMAN	0778039098
26.	CEASER CYDNEY	0781988129
27.	MUHEHE GODFREY	0785453993
28.	OKUMU REAGAN OLOYA	0781117054
29.	LAGUR PAUL DRICHIRI	0773668607/0392173892
30.	OKIDI ALPHONSE	0777105651/0772346486
31.	ALEMA JOASH ANDREW	0788015222
32.	TALEMWA PETER	0783156120
33.	OPIYO SAM	0794953846/0775004414
34.	TASHOBYA BANABUS	0788882535/0774016917
35.	ONABADI ISAAC	0777822589/0784111047
36.	KATUSABE BRIAN	0772665959
37.	OPIYO PIUS	0781529290
38.	OGWAL BANABUS	0781836967
39.	OGWANG RAMATHAN	0782516628
40.	AKWAR IVAN	0781353930
41.	ORLANDO NICHOLAS RWAGA	0782828477/0702828477
42.	OGWENG CEASER	0789321915
43.	MARK LAPAT	0787836522
44.	TUMUKWASE HILLARY	0782282125
45.	OKELLO CALVIN OGORO	0778584100
46.	OYARO GEORGE	07824315120/0788556426
47.	WANI PATRICK MORO	0789548339

NAMES AND CONTACTS FOR S.4 CLASS 2018 (GIRLS)

NO.	NAME OF CANDIDATE	CONTACTS			
1.	AGENORWOT PHIONA	0776847865	45.	NAMWASE SAMUSA	0788835082/0784276505
2.	KIRABO JANE	0782884893	46.	OYEL DORCUS	0786590785
3.	ACIRO ESTHER	0778548690 / 077823040	47.	ATUSINGUZA LINET	0772051750
4.	EJANG SALUME	0777007863	48.	KAKURU BABRA CHRISTINE	0782268196
5.	KATUSABE JOYCE	0773558153	49.	ADWE PRISCA LOY	078170301/0788450184
6.	AKELLO SHIELA RACHEAL	0779745944	50.	NAMAGANMDA SHAMILA	0788890397/0705707088
7.	NABOSA BIRUNGI CHRISTINE	0772304396 / 0787690341	51.	AHEBWA PEACE	0772322269/0781387581
8.	NAKAMATE MAPONZI BASHIR	0788948355	52.	ADYERO PATIENCE FAITH	0778223790/0772681674
9.	ACIRO MERCY	0785821188	53.	KARUNGI EVELYNE	0784816064
10.	AKAMPURIRA JANE	0773443375 / 0782285613	54.	KEMIGISHA ADLYN	0775763421/0754120421
11.	NAKATE ROBINAH	0781116621	55.	KUNIHIRA RACHEIL VIVIAN	0774782949/077244263
12.	ATIM JULIANA	0772942686 / 0782698396	56.	ANYEITH MONICA	0784804076
13.	ADONG HAPPY EVE	0784456111 / 0772335594	57.	ALIGUMA CAROLINE	0775313125/0778163666
14.	KONGA DOREEN	0788417599	58.	AINE CHARITY	0782162484
15.	AROMORACH GLADYS	0782444395 / 0777526626	59.	NAYEBALE FLAVIA	0775643360
16.	AYEBALE DOREEN	0782923778 / 0783071873	60.	NAKYANZI JOAN	0774837724/0788609172
17.	NYANGOMA JOAN	0782384878	61.	NYAGOMA HANNAH	0782364145
18.	KATWESIGE VIVIAN	0782013732	62.	ATWOMO SANDRA	0751671219/0702509891
19.	KOBUSINGE PATIENCE	0774694837	63.	ANENA JHASS	0777762997/07784784704
20.	KUSEMERERWA MARY	0772316362 / 0771981447	64.	LAMARO MERCY OKOT	0783161250
21.	WABYONA HADIJJA	0782428822	65.	ACHOLA MARRIAM DAISY	0779238330
22.	KAJUMBA ROSE MARY	0754651124	66.	ANGOM JOSELINE	0772595330/0775201172
23.	NYANDERA CATHERINE	0777272120	67.	APILI LAURINE	0774991778/0773355889
24.	NYAKATO JOVIA	0773131910	68.	HOPE GLADYS	0772841337/0773550565
25.	KUSIIMA HARRIET	0778219120	69.	ANENO BRENDA ROBERT	0774122333/0782971545
26.	ACENG SALUME	0788170301	70.	ANENO LUCKY STELLAH	0788765382/0785407801
27.	EVADE ROSELINE	0781220885	71.	ADYERO JUDITH	0777544041
28.	AYEISGA SHAMURAZI	0773721760 / 0704895555	72.	KATUSABE PATIENCE	0770793954/0771230542
29.	ATYANG OLIVER	0788027897	73.	JURU ONESTA	0774615056
30.	KYEMUGISHA FAITH VERONICA	0783177705	74.	KAYUNGU BEATRESS KAJOKARE	0789643015/+211928182714
31.	BIRUNGI SCOLA	0777619117	75.	ALOBO JUDITH OJOK	0782289072/078949313
32.	AKOT IRENE	0778921975	76.	BIWAGA TRACY BRIDGET	0782440099
33.	AJOK BRENDA	0773585072	77.	ATUGONZA SPECIOZA	0779855929
34.	ATUHAIRWE JENET	0782030709	78.	AYOT STELA RACHEAL	0775817206
35.	NASHIRA RASHID MUHAMMAD	0772316493	79.	AKELLO GLORIA	0773373470/0786251221
36.	SAMIA KIDEN MAJIDI	0778105864 / 0787307227	80.	PILA HARRIET	0778598256
37.	ACIRO LUCKY HOPE	0776660823			
38.	ACHOMO PRISCA APILA	0784936593			
39.	WANJIKO MARIAM	0772792684			
40.	MPAIRWE PELLICE	0781914507 / 0777319999			
41.	ABER MARY MERCY	0775451904 / 0782846606			
42.	NYAMWIZA SHARON	0779768074			
43.	APIYO WINNIFRED	0779343196			
44.	ASIIMWE JOYLINE	075613219/0782306877			

NAMES AND CONTACTS FOR S.6 CLASS 2018

GIRLS

NO.	NAME	CONTACT
1.	ABER NANCY	0775787919
2.	ABER TEDDY	0786038128/0783941385
3.	ACAYO CONCY	0772413695
4.	ACHOLA GLORIA	0781478729
5.	AHEEBWA BRIDGET	0780315863
6.	AJOLO SARAH	0392002856/0779943478
7.	AKELLO JACKIE	0780675796
8.	AKELLO OLIVER	0788919564/0702925505
9.	AKELLO SHARON JUDITH	07714455461
10.	AKULLO ANNET	0786487436
11.	AKUMU GLORIA	0752978932
12.	ALINAITWE ANNET	0778633933
13.	ALINAITWE JULIET	0780702557
14.	ALSON FAITH CHEMTI	0783408824
15.	AMERI CANDY FORTUNATE	0784626136/0780372446
16.	ANONO WINNY	0775795105
17.	AOL MERCY	0785449151/0776169844
18.	AOL WINNIFRED	0788194889 / 0772988077
19.	APIYO JOY DIANA	0779030670/0782720750
20.	APIYO LUCY	0788492133
21.	APOK GISMA	0783844689
22.	ASIIMWE GRACE	0778627072/0772393313
23.	ATTO LINDAH	0783253721/0783779004
24.	ATULINDE CATHERINE NAKATE	0777850694
25.	AUMA HOPE FAITH	0779157575
26.	AYEBALE ESTHER	0778049049/0773568805
27.	BAKO PATIENCE	0788975492
28.	HAPPY NAIWAH	0786263865
29.	KABAZUNGU PASSQUEEN	0770784193/0785506575
30.	KANDEGE COMFORT	0782404040
31.	KATUSHABE HELLEN	0784712011
32.	KATUSIIME GRACE	0788633584
33.	MAHORO WINNIE	0780663975
34.	MAIYA PRISCA	0778723373/0751652219
35.	MUHAISE NICKLYNE ACOLERA	0779030904
36.	MUSIIMENTA MERCY BABRA	0775483230
37.	NABAWANUKA HARREIT	0756458585
38.	NAMUGERWA SHAKIRAH	0782905058
39.	NASANGA GLORIA WABYONA	0781372313
40.	NAZZIWA RUTH	0779243497
41.	OWEMBABAZI SUZAN	0751241805
42.	OYELLA JANE PERSIS	0701909014 / 0778859648
43.	OYELLA OLIVER	0789168669/0784771157
44.	PIMER FAITH	0773771373

BOYS

NO	NAME	CONTACT
1.	ABIGABA MUZAMIL	0770784178/0777217172
2.	ABLE DANIEL OFUNGI	0777016159
3.	ABOO PETER	0788313209
4.	ABWANG EMMANUEL	0788714544
5.	AJONO MICHEAL	0784001769
6.	AJUNI JEPHTER MIKE	0789089775
7.	AKAR HERBERT	0782478929
8.	AKOR JAMES	0777167992
9.	ALIGANYIRA DENIS	0781322439/0781660817
10.	ALINDA IVAN	0783995884
11.	ALINDA ROGERS	0781914170
12.	ANGURA PHILLIPS BRIAN	0778046958
13.	ANGUZU HARMONY	0780702518
14.	ASABA DANIEL	0777364819
15.	ATIM ABEL ATIM	0787826150
16.	AYELLA MORISH	0776896705
17.	BAGUMA SIMON PETER	0774053806
18.	BAGUMA SIMON PETER	0774053806
19.	BETA EDWIN	0785458098
20.	BISOBORWA DAN X-EVIER	0757609618
21.	BOSCO LOTILILI HILLARY	0781996779
22.	CHRISPIN KITSA	0778194186/0705670475
23.	DRAPARAKU LAWRENCE	0773594643
24.	EBONG JOHNSON	0770581959
25.	ELEPU JACOB	0774032755
26.	EMUR CYPRIANO	0787801312
27.	ISINGOMA K. STEPHEN	0777181685
28.	JAKISA INNOCENT ONENCAN	0782921045
29.	JUMA BRIAN	0780593331
30.	KAIJA BONNY	0781518760

31.	KATWESIGE PIUS	0786482919
32.	KIIZA BATURUMAYO	0774101694/0777859304
33.	KUSEMERWA JOHN	0778313467
34.	KWESIGA GODFREY NICKSON	0787765345
35.	KWESIGA GODFREY NICKSON	0787765345
36.	LAMONY EMMY	0774359224
37.	LAMONYI EMMANUEL	0774359224
38.	MALAMO PATRICK	0782603848
39.	MBARAGA JEAN CLAUDE	0784741723
40.	MUGISHA PROSPER	0778790320
41.	MUNGUDIT JAVAN	0781998409
42.	MWAKA MICHEAL BILL	0776065880
43.	NCUMIRWA RONALD	0700741806
44.	NIBIZI FRANK	0783158584
45.	NYEKO JACOB MBABAZI	0782725020
46.	OCEN AARON	0772872580
47.	OCEN RONALD	0782394892
48.	ODONG GODFREY	0787675821
49.	ODONG INNOCENT	0788120675
50.	ODONG ISAAC	0755571153/0779186572
51.	ODONGE JOSEPH JUDE	0786355208
52.	ODONGO ISAAC	0779186572/0755571153
53.	ODONGO JACOB	0778736752
54.	ODUR JAMES	0775108688
55.	OGWAL JOSHUA STEPHEN	0787172965
56.	OJEDE AMBROSE	0786490787
57.	OJOK BRIAN	0788257411
58.	OJOK ROBINSON	0778458948
59.	OKAO SAKIS BONNY	0787470001
60.	OKELLO ALLAN	0756770384
61.	OKELLO BENSON	0780723703/0789186588
62.	OKELLO GERALD	0774637042

64.	OKEMA DERRICK	0787930421
65.	OKIDI ERICK	0773349224
66.	OKII EMMANUEL	0775000341
67.	OKULLU EMMANUEL	0774245271
68.	OKUMU EMMANUEL	0773605160
69.	OKUTA STEPHEN	0787696306/0770799099
70.	OLICA FELIX	0789223294
71.	OLOYA ISAAC	0778908412
72.	OLOYA PETER	0706842825
73.	OLWENY ROBIN	0788006532
74.	OMARA DICKENS	0775369932
75.	OMARA JACOB	0751362045
76.	OMING EMMANUEL	0784838330
77.	OOLA BRIAN	0783897623
78.	OOLA BRIAN	0783897623
79.	OPIO BENEDICT	0788643873
80.	OPIO CHRIST	0773305447/0751427506
81.	OPIRO WASHINGTON	0773704541/0788270940
82.	OPOKA SAMUEL	0784544417
83.	OYANGA BONNY	0758368155
84.	OYAT BOSCO AMAYA	0774016613/0788345088
85.	RUBANGAKENE EMMANUEL	0771894449
86.	SEGAWA SAMSON	0786332466
87.	SSENYONYI JOSHUA	0771672386
88.	TEGYEKA STEPHEN	0787791606
89.	TONGO MOYI ROGERS	0702185865
90.	TURATSINZE ROGERS	0781840527
91.	TWARIK ABDUL RAZAK	0786359986
92.	WACHA EMMANUEL	0780590125
93.	WAMANI AMOS	0783280547
94.	WATUM PETER	0755974368

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MANAS JUNAP
BANTUR



OWACHGIU FERDI-
NAND



OGWAL BANABAS



ANYERO BENEDIC-
TO



OBIRA RICHARD



TASHOBYA BANA-
BUS



ABDUL KARIM OKE-
CHA



OOLA CHARLES



ROM EMMY



AKWAR AMBROSE



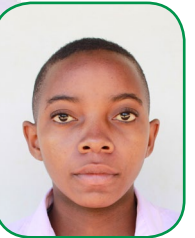
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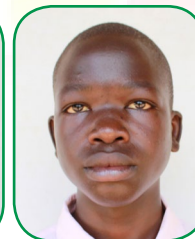
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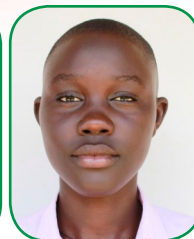
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EJANG SALUME



OKUMU REAGAN



ABER ESTHER



ABIGABA RONALD



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WANI PATRICK



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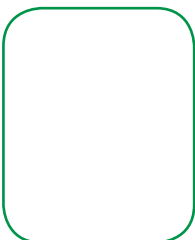
ADIA JOSUA



ADONG HAPPY



ADWE PRISCA



ADYERO JUDITH



ADYERO PATIENCE



AFENI SAVIOUR



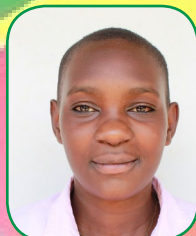
AGABA KEITH



AGENORWOT FIONA



AGONDEZE
LAWRENCE



AHEEBWA PEACE



AINE CHARITY



AITA DAN



AJOK BRENDA



AKAMPURIA JANE



AKARA RONALD



AKELLO GLORIA



AKELLO SHIELA



AKOT IRENE



ALEMA JOASH



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ALINAITWE DEVIS



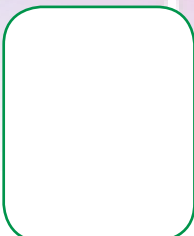
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AMANYA PAUL



AMIS KAHAWA



ANENA JHASS



ANENO BRENDA



ANENO LUCKY



ANGOMO
JOESHPHINE



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ANYIETH MONICA



APILLI LAURINE



APIYO WINNIFRED



AROMORACH
GLADYS



ASIIMWE DAVID



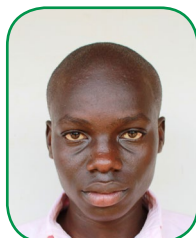
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ATIM JULIAN



ATUGONZA
SPECIOZA



ATUHA ELISA



ATUHIRA JANET



ATWOMO SANDRA



ATYANG OLIVER



AYEBALE DOREEN



AYESIGA
SHAMURAZI



AYOT STELLA



BAGONZA DAVID



BIRUNGI SCOLA



BIWAGA TRACY



BUSOBOZI JULIAN



CEASER SYDNEY



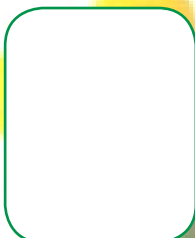
EVADE ROSELINE



EWAL AMBROSE



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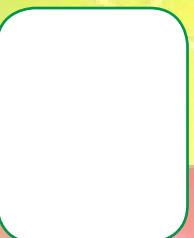
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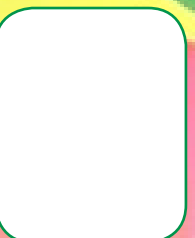
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KAJUMBA ROSE
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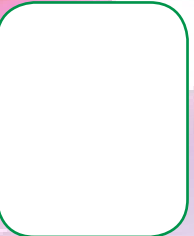
KAMABENDE DENIS
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KAMUHANDA HENRY
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KARUNGI EVALINE
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KATETE RONALD
0754 960189



KATO JOHN
0755 041203



KATUSABE BRAIN
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KATUSABE JOYCE
0783 821336



KATUSABE PA-
TIENCE



KATWESIGE VIVIAN
0753 965513



KEMIGISA ADYLIN
0701 375802



KIIZA GODMAN
0701 503509



KIRABO JANE
0753 869651



KOBUSINGE PA-
TIENCE



KONGA DORINE
0755 667186



KUEMEREWEA
MARY



KUMUGISA FAITH
0704 605203



KUNIHIRA VIVIAN
0773 344829



KUSIIMA HARRIET
0785 238338



LAGUR PAUL
DRACHIRI



LAMARO MERCY
0752 817144



MAGAMBO JERI-
MAIH



MALE BEN
0752 642652



MPAIRWE PELLICE
0701 702707



MUGABE DAVID



MUGABE PETER
0782 800 826



MUGABE ROB-
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MUGABE SHARIF



MUGUREYEK
SIMION



MUHEHE
GODFREY



MUNGUFENI
VICTOR



MURUNGI COLLINS



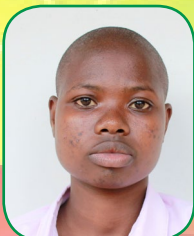
MWESIGWA
ANDREW



NABOSA BIRUNGI



NAKAMATE MAPOZI



NAKATE ROBINAH



NAKYENZI JOAN



NAMAGADA
SHAMILLAH



NAMWASE SAMUSA



NASHIRA RASHID



NAYEBALE FLAVIA



NYAKATO JOVIA



NYAMWIANZA
SHARON



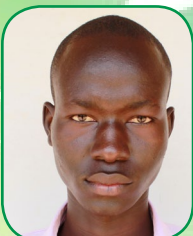
NYANDERA
CATHERINE



NYANGOMA
HANNAH



NYANGOMA JOAN



OBALÉ WILLIAM



OBEDIGUI FLEX



OBUA JOSHUA



OCÉN JACKSON



OCERO BENJAMIN



ODONG GEORGE



ODUR JACOB



OFUHO DANIEL



OGWAL MORISH



OGWANG
RAMANTHAN



OKELLO CALVIN



OKELLO DANFORD



OKELLO JIMMY



OKELLO MARK
LAPAT



OKETTA RONALD



OKIDI ALPONSE



OKORI ANDREW



OKOT HARON



OLAMANONO
RONALD



OMARA JACKSON



ONABADI ISSAC



ONEKALIT BIL



ONEN FRANCIS



ONGOM IVAN



OPIO PIUS



OPIYO SAM



ORLANDO
NICHOLAS



OTWOM IVAN



OYARO GERGE



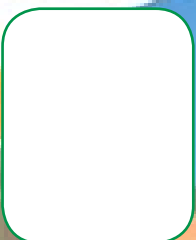
OYAU WALTER



OYELLA DORCUS



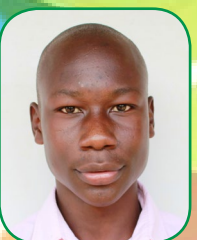
OYET JERRY



PILLA HARRIET



RASHID HASSAN



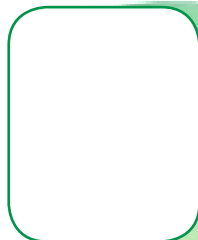
ROM EMMY



SABAN MUKTAR



SAMIA KIDEN



SEKADE JORDAN



SIMIYU SIMEON



TALEMWA JAPHETH



TALEMWA PETER



TUMKWIASE
HILLARY



TUMWESIGE ELVIS



TUMWINE ELLY



UDRIGA ASUMAN



WABYONA
ASUMAN



WABYONA HADIJJA



WABYONA
JOHNSON



WAJIKO MARIM



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ABAS ADAMS



ABER NANCY



ABER TEDDY



ABIGABA MUZAMIL



ABLE DANIEL
OFUNGI



ABOO PETER



ABWANG
EMMANUEL



ACAYO CONCY



ACOLA GLORIA



AHEEBWA BRIDGET



AJOALO SARAH



AJONO MICHEAL



AJUNI JEPHTAH
MIKE



AKAR HERBERT



AKELLO JACKIE



AKELLO MIRRIAM
EUNICE



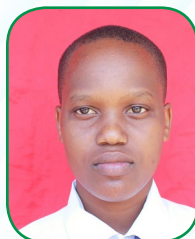
AKELLO OLIVER



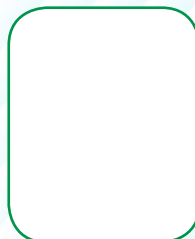
AKELLO SHARON
JUDITH



AKOR JAMES



AKULLU ANNET



AKUMU GLORIA



ALIGANYIRA DENIS



ALINAITWE ANNET



ALINAITWE JULIET



ALINDA IVAN



ALINDA ROGERS



ALSON FAITH



AMERI CANDI
FORTUNATE



ANGURA PHILLIPS



ANGUZU HARMONY



ANONO WINNY



ANYEN MAURICE



AOL MERCY LAKER



AOL WINIFRED



APIYO JY DIANA



APIYO LUCY



APOK GISMA



ASABA DANIEL



ASIIMWE GRACE



ATIM ABEL ATIM



ATTO LINDA



ATULINDE
CATHERINE



AUMA HOPE FAITH



AYEBALE ESTHER



AYELLA MORISH



BAGUMA SIMON
PETER



BAKO PATIENCE



BETA EDWIN



BISOBORWA DAN
XEVIER



BOSCO LOTILILI



CHRISPIN KITSa



DRAPARAKU
LAWRENCE



EBONG JOHNSON



ELEPU JACOB



EMUR CYPRIANO



EYOKO ABRAHAM



HAPPY NAIWAH



ISINGOMA
KWEHINDA



JAKISA INNOCENT



JUMA BRIAN



KABAZUNGU
PASQUEEN



KAIJA BONNY



KAKURU GEOFFREY



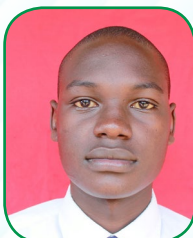
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COMFORT



KATUSHABE
HELLEN



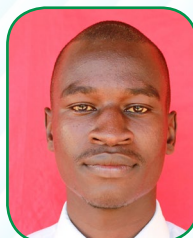
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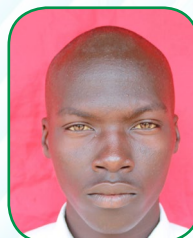
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KIIZA BATURUMAYO



KOMBE EDWARD



KUSEMERERWA
JOHN



KWESIGA GODFREY
NICKSON



LAMONY EMMY



MAHORO WINNIE



MAIYA PRISCA



MALAMOI PATRICK



MBARAGA JEAN
CLAUDE



MUGISHA PROSPER



MUHAISE NICKLYNE



MUNGUDIT JAVAN



MUSIIMENTA MERCY
BARBRA



MWAKA MICHEAL



MWANGA ANTHONY



NABAWANUKA
HARRIET



NAMUGERWA
SHAKIRA



NANYIMBA SUSAN



NASANGA GLORIA



NAZZIWA RUTH



NCUMIRWA RONALD



NIBIZI FRANK



NYEKO JACOB
MBABAZI



OCAYA JUNIOR



OCEN HARON



OCEN RONALD



ODONG GODFREY



ODONG
INNOCENT



ODONG ISAAC



ODONG JACOB



ODONGO JOSEPH



ODUR JAMES



OGWAL JOSHUA
STEPHEN



OJEDE AMBROSE



OJOK BRIAN



OJOK ROBINSON



OKAO SAKIS BONNY



OKELLO ALLAN



OKELLO BENSON



OKELLO GERALD



OKELLO MARK
ABILI



OKELLO SIMON



OKEMA DERRICK



OKETTA YOT ERICK



OKIDI ERICK



OKII EMMANUEL



OKULLO EMMANUEL



OKUMU
EMMANUEL



OKUTA STEPHEN



OLICA FELIX



OLONG EMMANUEL



OLOYA ISAAC



OLOYA PETER



OLWENY ROBIN



OMARA DICKEN



OMARA JACOB



OMING EMMANULE



OOLA BRIAN



OPIO BENEDICT



OPIO CHRIST



OPIRO
WASHINGTON



OPOKA SAMUEL



OWEMBABAZI
SUZAN



OYANGA BONNY



OYAT BOSCO AMAYA



OYELLA JANE
PERSIS



OYELLA OLIVER



PIMER FAITH CATH-
ERINE



RUBANGAKENE
EMMANUEL



SEGAWA SAMSONSSENYONYI



JOSHUATEGYEKA STEVEN



TONGO MOYI
ROGERS



TURANTSINZE
ROGERS



TWARRIC
ADBURAZAK



WACHA EMMANUEL



WAMANI AMOS



WATUM PETER



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ABANG EUNICE
FANCY



ABER GLORIA



ABER PASQUINA



ABITEGEKA DEVINE



ABITEGEKA NOR-
BERT



ACENG PATRICIA



ACENG REBECCA



ACHIRO KEVINE



ACHOLA BEATRICE



ACIO BEATRICE



ACIRO TEDDY



ACOMO MONICA



ADIYO EUNICE



ADONG ELIZABETH



adong joyce



AGENORWOT FIONA



AGIK SHARON



ahuura raymond



AJALA ANTHONY



AJOK PASKA



AKARA RONALD



AKECH GLADYS



AKECH LYDIA



AKELLO CATH. JOY



AKELLO SCOVIA



AKIM ABDU



AKOLI DORCUS



ALINAITWE JOVIA



ALINAITWE MOSES



ALINDA SHARON



ALIONZI SILAS



ALOT EMMANUEL



ALOYO LINDA



AMIDU ADAM



AMONGI JANET



AMULE SARAH



ANENA BABRA



ANGOM FLAVIA



APIO RITAH



APIO SCOVIA



ASABA PHIONAH



ASIIMWE DOROTHY



ASINGUZA D E



ATUKUNDA SANDRA



AUMA HARRIET



AUMA ZERIDAH



AYAA BRENDA



AYANG SOLOMON



AYELLA BRIAN



AYESIGA DAPHINE



AYESIGA
EMMANUEL



AYOT SARAH OKOT



BAINOMUGISH F



BAKO SELINA



BAYOA JENIFER



BILAL ASHRAF



BIRUNGI MAVENJINA



BYANJERU AISHA



BYENKYA JACOB



CICILIA IDRIS



DRICHI ROBERT



EKIT MERCY



ELEL GLORIA



ETWOP J E



FRIDAY G.



GAMISHA PRAISHA



GATWECH KUN



GIPATHO JACKLINE



SINGOMA ANTONIO



KABAGAMBE E



KABUBI LUCKY



KAIJA SAM



KAMWINE SCOVIA



KASANGAKI INNO



KAYERA HASIFA



KIDEGA RONALD



KIHUNDE VIVIAN



KOBUSINGE PE-TIENCE



KOLI R. P



KOMUHENDO JULIET



KYAKUHAIRE E.



LAGU PAUL D



LANYERO BABRA



LANYERO L T



LAYET EVELINE



LUBANGAKENE JUMA



MALIAMA KEVIN



MBABAZI IMMACULATE



MBAHINZIREKI S



MUBER JAMILA



MUGISHA ANTHONY



MUHUMUZA VINCENT



MUNGULENI VICTOR



MUSHIIMANTA LAURINE



MWESIGWA ANDREW



NAJJUMA JACKLINE



NAMANDE SHARIFA



NAMUBIRU KAUSTHALA



NASASIRA DANIEL



NYIRUMBE BEATRICE



OBONG NORMAN



OBOTE EMMANUEL



OBUA JOSHUA



OCHAKU WILLIAM



OEDIT ALLAN M



ODONG BENJAMIN



OFOYRWOT KALEB



OGALI RONALD



OGENORWOT GEOFFREY



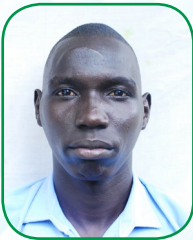
OGWAL MORISH



OGWANG POWEL



OJARA DENIS



OJOK DANIEL



OJOK IVAN



OKELLO LAPAT



OKELLO SAM



OKORI RONALD



OKOT JONATHAN



OKWAI STEPHEN



OKWANG ERICK



OKWERA JASPER



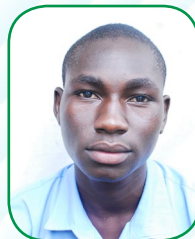
OLINGA IVAN



ONGWECH RONALD



OPIO BOSCO



OPIO FELIX



OYELLA DEBORAH



OYET MANDELA



OYIRO DANIEL



PITWAMBE BENJAMIN



PONI SCOVIA



PURU ROBINAH



RUBANGAKENE J



SABIR NASSUR



SEVILLA ESTHER



SSEKAGO DENIS



TEREZA CHARLES



TUMUSIIME CALVIN



WACHU STEPHEN



WAFULA JUSTO



WAMANI MOSES



WARAN PATRICK



WATUPE DIANAH



WOGOLI BENARD





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