

THE

TRISARIAN

2018 - 4th Edition



Give Your Child

A World-class Education Today

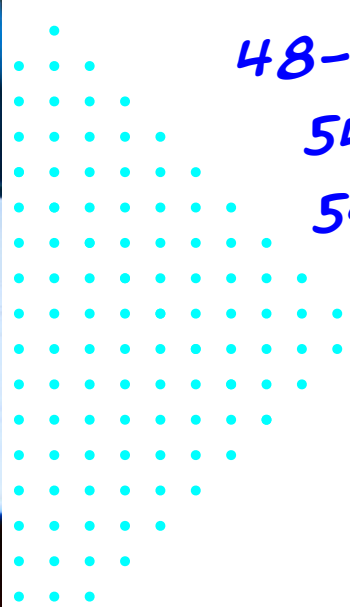
TRINITY PRIMARY AND PRESCHOOL BUKOTO

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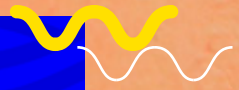


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Dear Reader,





Welcome to the Fourth Edition of our annual School Magazine. Different from the last three, this has taken on a different name, The Trisarian. It is so because it is exclusively content from the Trinity Senior Academy – TRISA community.



The Trisarian is comprised of ideas and creations from the TRISA students and staff.

In this edition, we bring you amazing reads of creative pieces, poems, life in TRISA, Health, Sports, Clubs and communication from the administrators. More information about us is available on the TRISA website: www.trinityschools.co.ug. Do pay a visit and find out so much more!

I would like to extend utmost appreciation to the small but hardworking TRISA Writer's Club 2017. You are an amazing team of students and I am overwhelmed by your effort, enthusiasm and zeal put towards this production. Your input is the reason behind this innovation. Thank you!

The administrators and all support staff, thank you so much for all the support rendered towards the production of the magazine.

And to you our esteemed reader, we thank you for being faithful to this platform but also, to the school. May God bless you.

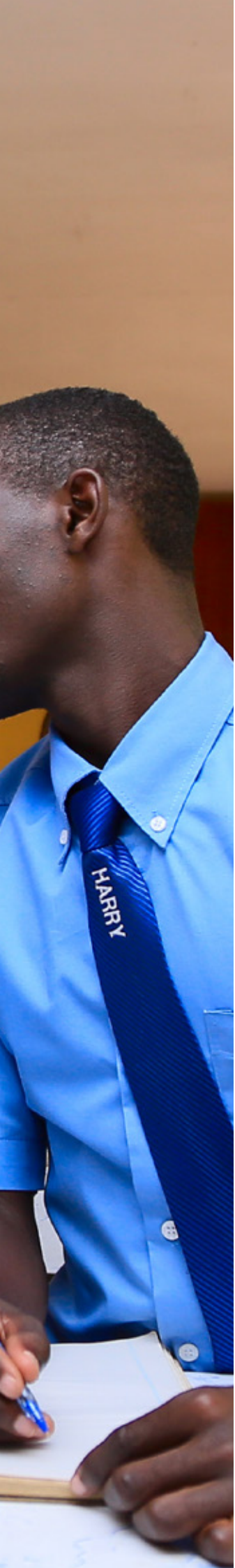
Most importantly, I thank the Almighty God who by His grace has granted and enabled the production of The Trisarian.

Yours sincerely
Doreen Kajeru



Administrators' Words





Director's Word

Light at the end of the Tunnel.

I would like to take this opportunity to thank the Almighty God for protecting the Trinity family and for helping us pass through another metamorphic stage. We can now fly away to greater heights.

I cannot take it for granted because it is not by our wisdom or might but because of God, Jehovah Jireh – our Provider, who never disappoints those that trust Him.

I extend gratitude to the school stake holders, parents that have continuously supported the school by entrusting us with your children. Your contribution has helped us run the school.

The increased enrollment of the school is evidence of your consistent trust in the school's ideology, mission and vision.

To the alumni, thank you for the unwavering support and love that you have shown to your school. Through counselling and career guidance, you have been part of the services we deliver to the current students. You have gone an extra mile by accepting to join the school board and serving the society. Please keep our flag high; you are

the perfect representation of what we are!

Our dear students, your discipline and academic excellence have illuminated the school's vision and mission which has reflected light from the end of the tunnel. The package that you are has attracted students from the Diaspora and within.

Proverbs 4:13 says that; "Hold on to instruction, do not let go; guard it well, for it is your life. Always remember what you have learnt, your education is your life so guard it well." I pray that you heed the instructions from the school and your parents because your education is your life!

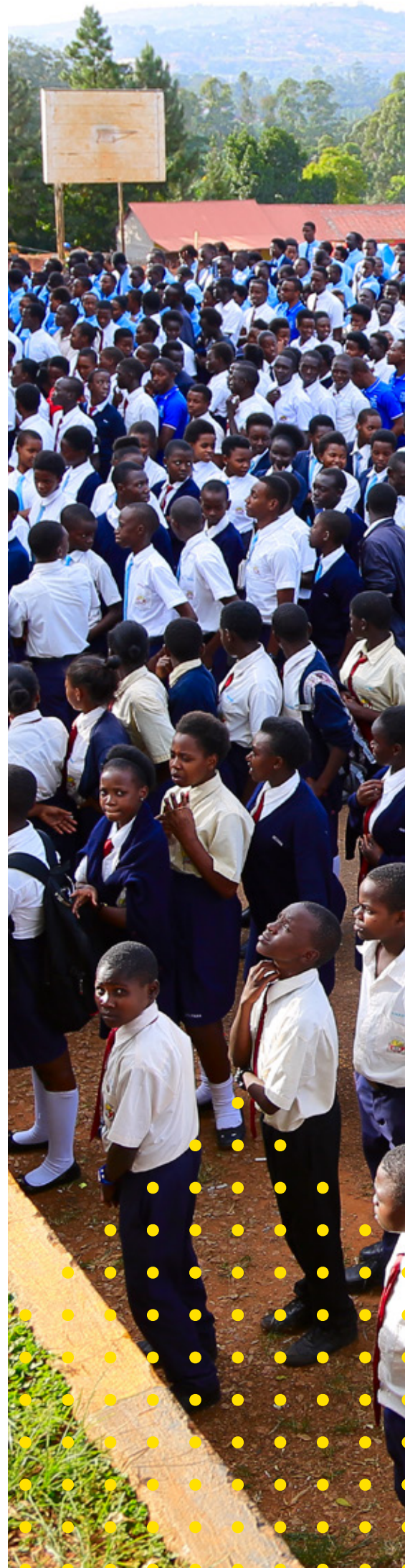
Those that have succeeded in life held value for education but also sought wisdom from the Lord. Remember the fear of the Lord is the beginning of all wisdom.

Appreciation goes to the school administration and staff for the tireless effort in steering the TRISA bandwagon to prosperity. I cannot forget our mother school – Trinity Primary and Preschool, for grooming and supporting your brain child.

The Parents and Teachers Association (PTA) of both schools, I am grateful for your undoubted commitment; financially, morally and socially. Thank you for buttressing the schools.

I also thank all schools from which we get our students at different levels. As it has always been, let us continue working together as a team. Note Luke 11:17 – "Any kingdom divided against itself will be ruined, and a house divided against itself will fall."

Fellow directors, thank you for your contribution and faithfulness in running the school. In light of the School's Mission of producing all round students,





we have a vision of starting the vocational training program which will include; tailoring, metal work, carpentry and others. I pray for your support in fulfilling our vision.

As I promised at the 10 years' anniversary celebration, in the ten years program, the infrastructure/expansion plan (refer to Artistic impression), is going on to match the number of students. We dedicate these plans to God and with your support and prayers, the projects will succeed.

We continue to strive and promote sustainable education.

For God and my country.

Stanley Mпамize

Director, Trinity Schools.





Head Teacher's Word

Light at the end of the Tunnel.

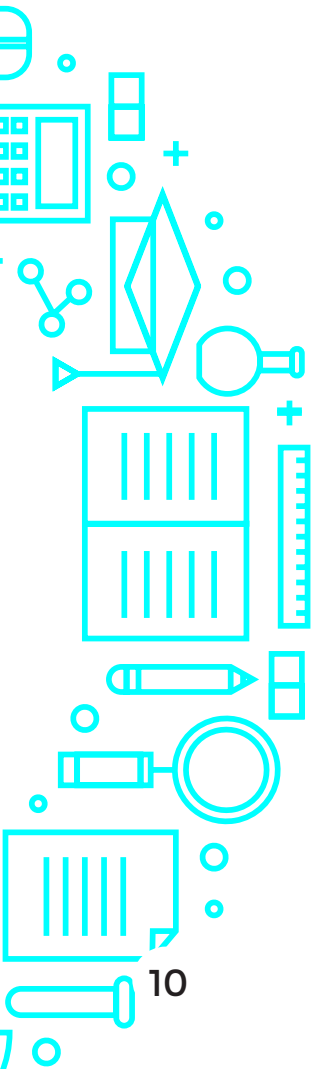
Dear Readers, I am truly blessed and honored to be part and parcel of this Trisarian Magazine, Fourth Edition. I am grateful to the Almighty God whose living grace and mercies have brought the TRISA family this far.

In a similar vein, I commend the vision bearer of Trinity Senior Academy for having nurtured, and reared the idea of starting up this beloved institution. May the good Lord reward you abundantly Mr. Stanley Mpamize.

At Trinity, we have unlimited resolve at producing all round students who are versatile and can ably fit in any good society. We instill ethical and religious values, commit students to achieve excellence in all spheres and above all, make them environmentally friendly.

It is our ultimate mission that we become the leading education service provider in Uganda and the Great Lakes region.

Our theme this year is; "Diligence and teamwork for Academic Excellence."



Dear students,

Malcolm X in one of his famous speeches alluded that; "The future belongs to those that have prepared for it through education" By virtue of being at Trinity Senior Academy, your academic success has already been etched out on the granite stone of success. This of course comes as a result of hard work.

To our dear parents, guardians and well-wishers, thank you for all the support, contributions rendered to us at all levels. We guarantee you our loyalty and commitment in fulfilling your expectations.

Lastly, I acknowledge the highly professional teaching staff for their unlimited resolve to teaching and continuously guiding and counseling our students. To the business managers, accounts section and support staff, your tremendous contributions in the running of the school smoothly is greatly appreciated. May the Good Lord bless you abundantly.

For Sustainable Education.

Abbey Ngobi

Head Teacher





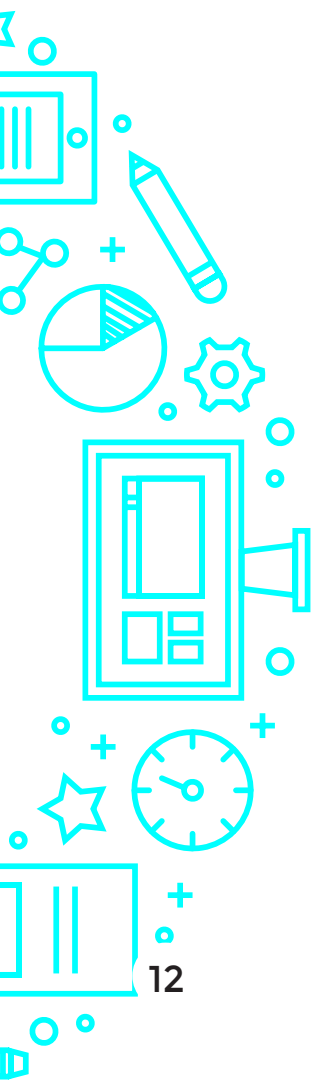
Deputy
Head Teacher's Word
Academics (O'Level)

I greet you all in the name of the Almighty God and welcome you to The Trisarian 2017 Edition.

Our goal as Trinity Senior Academy (TRISA) is to change the world through providing quality education. It may sound idealistic but this is precisely our mission. It is what motivates the work of every one at TRISA. We believe that every student possesses a unique talent and therefore deserves a high quality education standard that will blend to make an all-round adult.

I am privileged to be part of the service at this wonderful and growing great institution. TRISA is well known for its high academic standards, evidenced by the excellent results posted every year. Recently, we were ranked 93rd out of over 3000 schools in Uganda. This has been possible because of a team of highly qualified, experienced, stable and professional staff.

Our mission is to produce all round students who are versatile and can fit in any good society wherever they go in this rapidly changing global village. In a bid to achieve this, students are involved in various extra-curricular activities such as sports, Music, Dance and Drama, Brass band, Tailoring, Baking, to mention but a few. This is done to equip them with various skills.



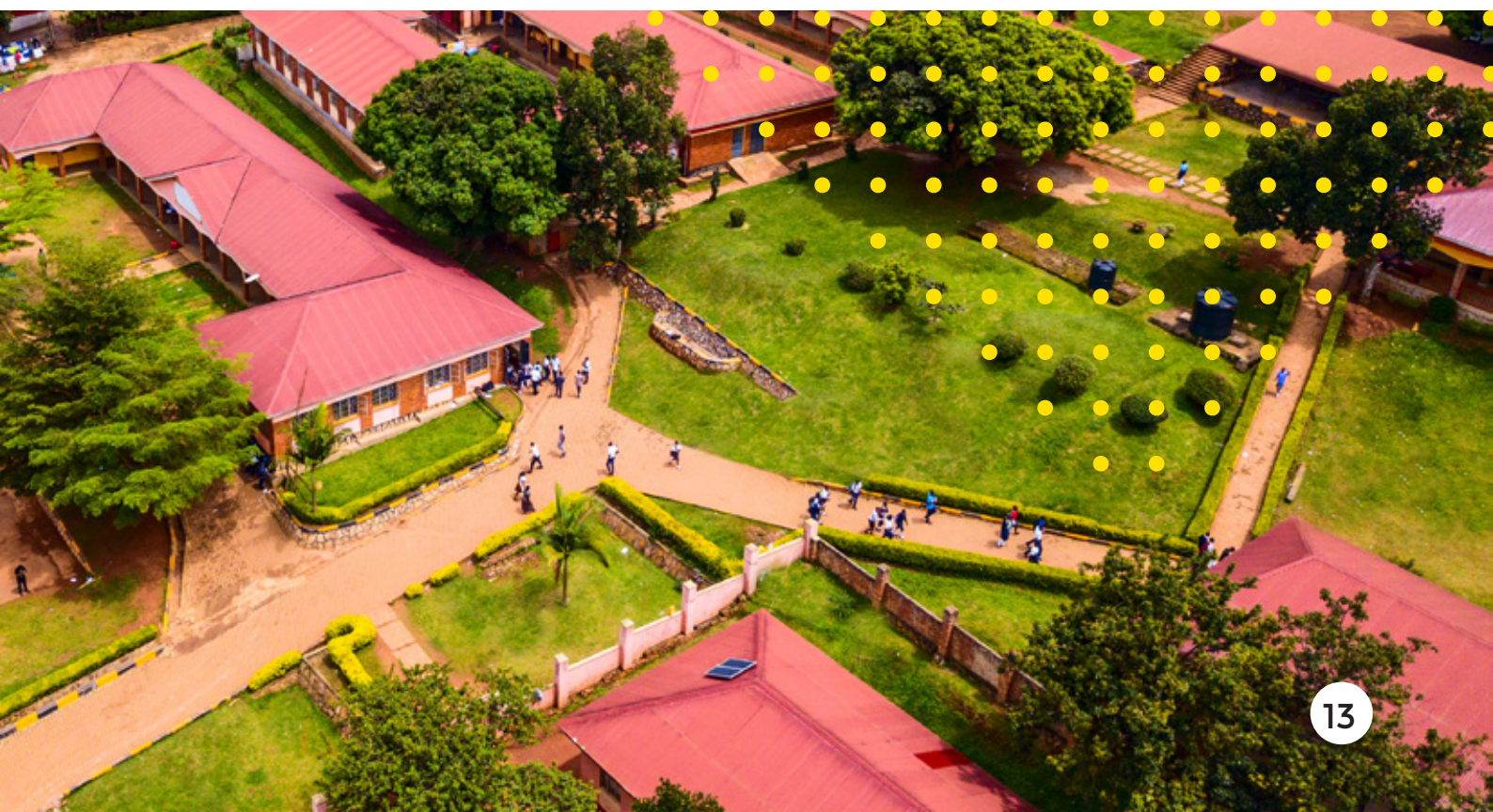
I am glad to inform you that we offer competitive bursaries to talented students and those that excel in the field of academics. Our target is to continuously increase our academic standards and become the leading education service provider in the Great Lakes region and beyond.

Our esteemed reader, avail your child this rare opportunity to enroll at TRISA and enjoy the benefits you will never regret.

May God bless you as you digest this wonderful piece of information put together as The Trisarian 2017-2018 Edition. May the Lord always be with you.

For Sustainable Education

Edison Ahimbisibwe
Deputy Head teacher Academics
O' Level





Success is a sum of small efforts repeated day in and out. The way out is, do not just give up trying to do what you really want to do because where there is love hopefully, you cannot go wrong.

My name is Nabakooza Reah, Form Six Arts. I am the former Head Prefect for the year 2016 – 2017 Trinity Senior Academy. Surely, my pride grows day and night whenever I think about being part of the TRISA Family. It has been the best experience in my life. I have been nurtured academically and otherwise.

Who knew I would become the boss lady in this credible school with all round students? When I joined Senior One, I got to learn that the top position of leadership - Head Prefect, had to be a boy. This did not leave me the same as it kept haunting me. I became

inquisitive about the uniqueness of the boys in comparison to the girls concerning that responsibility, and that is where my journey began.

I agree with the saying that leadership comes from God; it is a gift and also a calling. Ever since I was a child, I loved serving people. When I recall the childhood games we used to play commonly known as *Tata ne Maama* (dad and mum), I used to be the mother but always dominated the “*Taata*” role and always made sure that my presence was felt.

*Do not let what
you cannot do
interfere with
what you can do*



This grew gradually as I joined my Primary School. In first term I was appointed Class Captain. I ruled with an iron hand and usually intimidated the boys. With my excellence at academics, I knew I was bound for leadership! I must add that discipline was an added value to my successful leadership.

When I joined secondary, the posts that were put up for the senior ones did not seem appealing to my abilities. They seemed to minimize my potential and yet I had so much zeal and ambition, considering my experience in Primary. In Form Three, the management seemed to have realized my potential and therefore created a post of "Head Girl – O' level which I took on. This was not my destination, I wanted more – I wanted top leadership, to have a feel of what the boys felt, what they enjoyed.

My dream came true when I joined TRISA. It was not a simple task but I made it because I strived for success and not mediocrity.

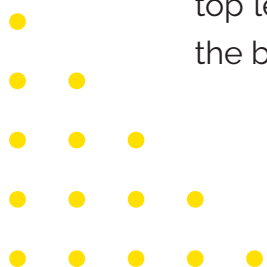
I have learned to always exploit talent and I advise you to do the same especially my fellow learners. Take heed in the advice of your teachers and parents. Always know that challenges are there to motivate and strengthen you. Be creative through them because they are opportunities for greatness. Learn to let go of the past and dwell on grooming yourself!

Remember that who you were, does not determine who you will be, it is who you are working on now that is determining what you will become.

For Sustainable Education

Nabakooza Reah

Prime Minister (2016-2017)





Students' Body



General Prime minister's word

Our benefactor, Board of the school, Administrators, non-teaching staff, well-wishers, and our pre-eminent students I greet you all in the name of Jesus Christ our Lord.

My name is Kenneth Murungi alias Ken, the General Prime Minister of this fabulous institution, TRISA. I joined this school last year and I have enjoyed the serene environment, jolly students and administrators.

I thank all the students and administrators for blending in with me to make sure I take this position. I am eternally grateful for this support. I promise to make you proud while executing my duties.

I am grateful for the patronage of the administration towards our mentorship to leadership.

We thank you for the mentorship and enthusiasm you have passed on to us during this time of our reign. You have taught us to look up to your credibility, integrity and energy.

My fellow leaders, the cabinet, thank you for the good work done. I am very positive that your impact has been felt in the school. For the things we have not accomplished, we tried. For those we did, may we be rewarded by the Almighty God.

I extend my gratitude to all that contribute to the operation and well-being of Trinity.



I am grateful to God for the leadership he put before me. I believe that it all comes from God. I have learnt a lot and been molded with qualities I intend to carry with me for the entire part of my life. This has been through the various challenges but also opportunities during my term of service.

To everyone out there, as a leader, I encourage you to have the right attitude in everything that you do. With attitude, everything else moves in the right direction.

William James wrote "The greatest discovery of my generation is that humans can alter their lives by altering their attitude of mind' this is clearly true because your attitude will determine your action and your action

will determine your accomplishments.

I do believe the only difference between gold and silver medal winner is their attitude not their ability. Realize your ability and couple it with the right attitude, all this will help you face your fears and doubts – the main hindrance to self-development.

Finally my brothers, as Paul the disciple wrote, "Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good reputation, if there is any excellence and if anything is worthy of praise, let your mind dwell on these things!"

Murungi Kenneth
HLD/ICT F.6



WRITERS' CLUB

I am very glad to be the president of the writers' club. It is by the grace of God.

I thank God who has enabled me execute my duties as the Minister of Information, TRISA.

When I got into power, I boosted the Writers' Club. I have served alongside our patron, Mr Nyanzi; an eloquent and intelligent man.

The Writers' Club is one that brings together the focused and enthusiastic students that are vastly interested in writing. We are always groomed for creativity and good grammar.

We challenge ourselves to write the best pieces for poetry, speeches, plays and

other creative pieces of writing.

Everything written in every area or subject is all literature. All geniuses and great thinkers had to have the art of writing. I do believe that we are going to be among the best writers because we love what we are doing.

Writing is a skill acquired and so many have gained prominence because of their art and interest in writing.

I encourage everyone out there to invest time in reading and writing having in mind that we write to embrace but not to embarrass.

Wakwale Gloria

Writers Club President

2017-2018



CLUB



MUSIC DANCE & DRAMA - MDD

When one hears or reads about MDD, you definitely know it is music dancing and acting. All this happens here at Trinity Senior Academy. There are several dance crews like black illusions, TLCS, T-Bebbs, D-nox crew, Boneless dancers, to mention but a few.

All these are active and very creative and this keeps their fan base with so much interest and enthusiasm.

The school has faithfully invested in our talents through the band and Music trainers and this has helped us

discover but also groom our talents. The instruments for all this are always available and accessible by students.

There are various clubs like Nkobazambogo which organise themselves and prepare plays that are totally educative. The school provides attire and creates an atmosphere for the activities that are dully organised by the clubs. For this, we thank you, Trinity management.

Busingye Natasha

Entertainment Minister
2017-2018

JBS

THE TRISA BRASS BAND

*W*ith love and respect I, greet you dear reader of The Trisarian.

As the Brass Band, we extend gratitude to the school for a job well done. It has facilitated all training for us and also provided avenues for us to showcase our talent.

Band is the collection of many musical instruments which are categorised in wind and percussion instruments. Wind instruments include trumpets, trombones tubers, French horns and many others. Percussion instruments include side drums, bass drums, snare drums, to mention but a few.

I am skilled mostly in playing all the above and to me, this is an advantage.

Band music is enjoyable when it is

organised. It is categorized in many ways which include slow march, quick march, slow quick and anthems. Any band expert can think of these whenever they are to play.

To the young ones who are music oriented, joining any band group is the best since it is early enough. For the youth, it is never too late to join.

From experience with band music, one can win bursaries, travel in all corners of the world and earn income.

Trinity Brass Band has been the best one along Entebbe road and has performed at several functions including Sunday services, Sports days, Conferences, Launches and many more other events.

Enjoy your read of The Trisarian.







EDUCATE CLUB

I humbly bow in respect of the Lord Almighty that has kept the Trinity Fraternity with love and peace.

My name is Lawrence Nuwamanya Lawrence, the Educate Club President 2017-2018, Trinity Senior Academy. Am so glad to be the president of this club because it is so amazing to create an idea, implement it and run it out successfully.

Educate Club has promoted employment among the youth through equipping them with skills. These skills have changed their minds from white collar to self-employment.

In addition to that, the Club has also nurtured students to be job creators and not job seekers by using minimal capital to startup businesses.

We have carried out numerous projects like manufacturing and supplying liquid soap to the school, making juice, frying chips, selling fried chicken, baking birthday cakes, making yogurt, among the many projects.

It is because of team work, great leadership and brilliant minds that this Club has blossomed.

We acquired a certificate of Best Marketing group in Wakiso district in, 2016 and we hope to take the best position again. As the Club president, I make sure that every member acquires a skill in every project we hold.

I proudly declare the success of the Educate Club with special appreciation to our patron, our dear customers, the school at large and our dear parents.

Furthermore, our Club would not taste success if the administration did not support us. I therefore appreciate the administration for the tireless support in all ways. I will always be proud to be Trisarian!

Lawrence Nuwamanya
Educate Club President
2017-2018

Have you heard of Nkobazambogo?

We thank the Almighty God for the far he has brought us. Indeed it has been a long and testing journey, but by His grace, the year is moving successfully.

Nkobazambogo is an association of the Buganda and non-Buganda students who hold the same interest with Buganda. Per now, It is the leading tribal association in Uganda consisting students from primary, secondary and tertiary institutions country wide. It has been operating for over 21 years. It is legally known and operates under the Buganda government. Its mission has been to promote morals, unity and development among all students nationwide.

The Kabaka, His Royal Highness, Ronald Mwenda Mutebi II, said that discipline among the youth is the starting point to building a firm Buganda. It brings the youth together, promotes culture and norms and more so, protects the kingdom.

I argue our fellow youth to join and support us in lifting Buganda and the entire country to greater heights.

Tumusiime Phionah,
Secretary Nkobazambogo &
Lubega Rymon Ssentebe



Writings

Sports

Sports is highly valued and practiced in TRISA. There are very many sports and games activities both indoor and outdoor. For example Volley ball, football, rugby, netball, scrabble, snakes and ladders, and so many others.

We have the Most Valuable Players in specific games; Volleyball: Ssebunya Caleb, Basketball: Machotto, Football: Ariho Ashraf and Jim Manzi, Rugby: Sheldon, Netball: Areeba Sylvia and table tennis: Kyeyune Joel and Jeff. All these were promised bursaries by the school if they performed excellently academically.

We are proud of you Trinity!

Quiz Club



Volleyball Team



Interact Club



Rugby Team





Basketball Team



Jr. Football Team



Sr. Football Team



Education is the key to success in a person's life although many think it is difficult. Anyone can enjoy education if they pick the interest for it and also know its purpose!

Parents and guardians try their best to make sure that their children are educated, but children take all this favour for granted.

Those who say that they can do well without it, end up suffering in future and regretting why they did not make good use of the opportunity they had when still in school.

If your attitude is negative about education, think about its benefits. It is difficult for one to become successful and prosperous in future without this prized possession.

My advice to you all out there is that never give up on education because it is one way a person can succeed in life, do not lose that opportunity. If you have got it, hold onto it. God bless you.

Sharon .A. Epolu

F.2 East



Education is everyone's right. Right now, we may complain about it, but it holds success for the future. My fellow students let us seize the opportunity, there are so many that do not have it.

Our dear parents, please listen to my plea, education is the key to our destiny – success in life. Let everyone within your responsibility attain it.

Education should be your dream

No nation is great without a quality education system. There isn't an education without teachers of quality. The great man Edward Bawler Lytton said that the pen is mightier than the sword.

Our strength does not come from physical capacity, but from an indomitable will. If you wish to be anything in life, this is the time to plan on achieving your goal. Put focus on what you learn now for what you learn will give you a happier life right now and wonderful hope for the future.

We should note that there is everything

beautiful in attaining education and later on having the ability to choose the right career.

In the Bible 1 John 4:8 says that; "Everything God does is motivated by love, so we live because of God's love. Everything we choose to do can succeed if we have pinned a passion to it.

My motto is, "it is not enough to be good if you can be better because your goal is what you desire in the future" – knowledge is of no value unless you put it into practice, so practice and study regularly.

Take this formula my fellow students; hard work + commitment – laziness = success.

Dear friend, the price for greatness is responsibility. A sour liquid when mixed with another ingredient becomes sweet. Alone we can do so little but together we can do better. Commit yourself with a strong desire to remain a member of a particular goal and work towards it.

Phillip Lok Mayo.

F.3 East



Education

I love my school Trinity Senior Academy – TRISA, as we call it. Its environment is the most favorable for students' learning.

As we all know, education is the perfect key to any one's future and life. The staff here are too serious about the education of the students because when we are at school, we are their responsibility.

When one is in TRISA, education is a priority. It is always asserted that we are here to study and therefore we should stick to that mission.

I love the fact that TRISA puts God first in each and everything they choose to do. This I believe is what

has enabled us to excel in everything. The Scripture Union is booming and as a parent you are welcome to pray with us every Sunday.

We are indeed here to study but the most important thing that keeps us alive and well is our health and thus, feeding. At TRISA, it is your mood that will stop your respect for the dining Hall at meal times. We have been treated to a diet that includes Matooke, spaghetti, rice, fruits, bread (for breakfast), fruits and of course Posho, which is well prepared. Bring your child here because good health is guaranteed.

We have emerged sports champions at several games with different



schools along Entebbe road. These include soccer, netball, football, Tennis, rugby, to mention but a few.

Lastly, I would like to thank the school management for thinking about convenience of our movement at all times. We have got means of transport and the only thing we are praying for right now is an aero plane to help those that come from abroad.

Long live Trinity Senior Academy
For sustainable Education

Nahurira Peruth Leisire
F.2 East



The Muse of My Dreams

*She stands in beauty with her small
but beautiful eyes*

*With every step, she lights up my
world.*

*Ever outstanding, she never appears
in the shadows of lies.*

*Even though people haven't given her
their best, she is always ready to give
them the best.*

*My muse beats laziness with her
dexterity*

*Her unending love and care for
others gives me hope*

*In this new world that I have just
joined!*

*Personally I believe you are the most
beautiful I have ever known.*

*I am striving to make you proud, I
am working to be one of the reasons
you stand tall.*

*Oh Education! You are terrestrial
and I love you so much.*

Asingwire .W. Sheldon

(2016 - 2017)



Njabala the lazy Bride

Once upon a time there lived a mother and her daughter, Njabala. The girl was lazy and could not do any household chores. After sometime, the girl got married. Being the lazy woman she was, she always called her mother to do all the household chores for her.

In Buganda in-laws do not cross paths or meet, especially a mother-in-law and her son-in-law. Njabala's mother started complaining about her daughter's laziness because she feared that one day the son-in-law would find her in the home.

This story intends to teach young girls to learn how to be hardworking so that they can take on responsibilities in future after they have left their parents' homes.

Kunihira Winnie

S.2 West



WHAT IF

What if you really want to touch it,
but it is still too far to reach

What if you feel your talent will never
be known, and yet you can take a full
day smiling

What if you think you are annoying to
someone, yet everyone smiles when
you talk

What if you are their role model and
you think you are doing the wrong
thing

What if someone thinks you are
beautiful, yet you are always hiding
your face

What if you feel you are not loved,
yet someone is trying to show you
how much they love you

In all this, seek God because all rest,
peace and love is found in Him. Seek
Him today!

Namutagaaya Bridge

F.4 East





Money

Money Money Money

What a problem money is!

Everybody is yearning for money

Babies also know how to count
money

Parents are looking for school fees
here and there

Prostitutes losing their lives because
of money

School girls dropping out of school
because of sugar daddies

Oh boys with their sugar mummies!

Money Money Money!

Corruption is brought about by the
love of money

Important people are killed because
of their riches

Companies run bankrupt because of
theft

Children can not access education
because of lack of money

Money Money Money!

Girls preserve yourselves very well
because you are the mothers of
tomorrow

Boys, check every bad habit and stay
focused

Those that have lost it, it is not too
late,

Reform and live right!

Most importantly, pray. With God
nothing is impossible.

Nahurira Peruth Leisure

F.2 East



The Trisa Community

The cleanliness of TRISA

I am glad that in Trinity senior Academy, cleanliness, smartness and organisation are a must and made paramount as far as the dormitories are concerned. Students do house work every morning, which involves scrubbing the trenches, bathrooms and tap areas, emptying dustbins and sweeping of the quadrangle compound, mopping of dorms and their verandahs and cleaning the window seals. All this is done every morning in both the boys' and girls' wing. The wardens and matrons co-operate with the prefects to ensure that every student works apart from those with medically reported conditions.

There are random inspections that are carried out and so many areas including

how the beds are made, the cleanliness of the floor of the dormitory, the areas under the beds, among many, are considered. The best and worst students and dormitories are read to the school on assembly and rewards are given to the best and consistent. The smartest students always appear on the opinion poll on the notice board.

Our learning rooms are also catered for. They are cleaned and mopped thoroughly over the weekend and swept through the week, for a clean and fresh learning environment.

Thank you TRISA for inculcating good habits of cleanliness in our lives.

Atusasiire Cynthia
Health Department

The TRISA Prep room

Prep is that time when we are left to do personal reading. In TRISA it is both evening/night and morning.

The moment prep begins you can not help but feel boredom blowing in like a winter flurry. It is so quiet that you can even hear an ant whispering to the other.

The wind blows in because the windows are open and since you do not have a school sweater or jacket, you put on an illegal jumper and socks to overcome the cold. They are soon confiscated by the staff on duty.

You try so hard to create warmth but in vain. You lean against the table only to get

heavy eyes. Your sight becomes blurred and lo and behold, you start dosing and finally you fall asleep.

In the moment of your enjoyment, your name makes it to the Honourable's list. You are woken up but you cannot help dosing again because you are tired.

You try whispering to your neighbor for "KB" to keep awake but Mr. Tugume spots you out because he was monitoring from the window.

The next morning as you pass by the notice board, you see your name among those going to dig and plant grass, oh, school life!

Sky Amaro and Patience . K

F.4 West





The Victory of the mighty Tiger!

Yes! Trinity Family, this is from the reigning house Tiger - TRISA's best feel as we know. A tiger is always a tiger. Do you know what it means to have a bull as a house? Trisarians especially Tigers, you know exactly what am talking about!

We were not lucky to win but we worked hard for it, in Music Dance and Drama and Sports too. Who amongst us can forget the magnificent presentation of, "Vision 2040"? Or the poem, "climb the ladder", or maybe, the drama: "The Tramped Rose"?

As a reminder dear comrade, we are staying at the top. We shall protect our throne!

Patriotic Tiger **Agaba Clinton** and Tigress **Auma Cynthia**

LA VIE EN TRISA

Je me suis inscrit à TRISA en premier année de 2012 et c'était vraiment intéressant. J'ai rencontré des amis comme Mercy, Jean et Murungi Juliet qui était toujours mon amie préférée. Elle m'a enseigné beaucoup de choses et elle m'a inspiré et donc elle est ma "role model". Je t'aime ma sœur malgré que tu ne sois plus à TRISA. Je te promets que je serai toujours bonne comme tu.

J'ai rencontré des aussi nouveaux professeurs qui sont très gentils et qui s'occupent des étudiants, surtout mon professeur de français madame Louise.

Je suis très reconnaissante que je l'ai rencontrée.

L'environnement était et elle est toujours agréable, donc les étudiants passent extrêmement bien. J'aime les cours et tous, surtout les amis que j'ai rencontré pendant mon lycée comme Nakato Margret, Kisakye Angel, Cynthia, Aine Nkurunungi, Odoi Nora, et beaucoup d'autres. Elles ont rendu ma vie à TRISA énormément intéressante!

Asiimwe Bridget
(Former Student)



If they were not teachers what would they be?

Ms Daphne Achan - Serena's best Chef

Ms Grace (Dean of studnets) - Uganda's Sinach

Mrs Allen Asiimwe - Prophetess (Wakissha results fire!)

Mr Nabimba - Kattikiro of Buganda (Nambogo oye!)

Mr Arthur Lukejebya - Captain of the Uganda Cranes

Mr Ahimbisibwe Edson - Minister of Education, strictly no time to waste

Mr Robert Kayondo - Bill Gates

Mr Kabona - No nonsense, business only

Mr Bintu Linus - Scientific Calculator that even addresses graphs.

Mr Tibaijuka aka Tibs - Father Lokodo (Minister of Ethics and Integrity)

Mr Ramathan Nsubuga - Ben Carson

Mr Ojok - Biologist (detects germs and viruses without a microscope)

Mr Ejalu - Andrew Mwenda (NTV News Night) or lawyer in The Hague (ICC)

Mr Kivumbi - Head of FIFA

Ms Janet - Inspector General of police (can even serve better than the former Gen. Kate Kayihura)

Ms Agnes - Sylvia Owori fashionista

Mr Rosco T - A Bryanz Collection Fashionista

Mr Turyatamba aka Scooter - FBI- Has eyes behind his back, who is fooling who?

Mr Cleve - Leonardo De Vinci

Mr Muhangi - Comedian (Ombokolo man in particular- Salvador)

Jeff - Mr Patriotic

Mr Kigongo - Kenyan Chief Justice on the presidential election petition- calls a spoon a spoon

Mr Ngobi - Micheal Jackson, King Dancer!

Mr Murungi - Kanye West by appearance and Arnold Schwarzenegger - motion style

Mr Mpamize - P.Daddy

Auma Cynthia F.6 Arts LED/SUBMATH (Former student)

My experience at TRISA

My name is Ishimwe Patience Allen. I joined TRISA in 2017 and I have not found any problem with it. It was easy to associate with people because they were warm and friendly.

The teachers are so encouraging, good and loving. Madam Allen Asiimwe whom we usually call Mama, literally oriented me through school and I felt comfortable.

I am impressed by the smartness of the students and uniqueness of our uniform. A big plus is the beautiful environment conducive for our learning here.

My best moment so far has been our welcoming party. The best of my picks in school so far are; my teacher Ms. Beatrice, the Director, Mr. Stanely Mpamize, my friends who are always there for me: Mujuni, Melisa, Ainamani and Agasha.

Thank you my dear parents for making the right choice, thank you TRISA for being a home!

Ishimwe Patience Allen

F.2



TRINITY MY SCHOOL

*Trinity Senior Academy
The land of milk and honey
That welcomes all nations
Whether black or white
Oh Trinity, you make me feel at home*

*Trinity my school
The land of loving people
That grooms various talents
Oh Trinity, you make me feel at home*

Trinity the Pearl of Uganda

*An admirable environment
School of joy and freedom
Inculcating godliness and discipline in us
Oh Trinity, you make me feel at home*

*Trinity Senior Academy
For Sustainable Education
Oh Trinity, I love you
Oh Trinity, you make me feel at home*

Labelle Tabitha

F.3



THE 2017 TRISARIAN PLACES



ABATAGABA STREET

Upper canteen, under the mango tree

ABANOONYA STREET

Above the Basketball Court on the pavement

SMARTNESS CORNER

Administration block

ONDONGO'S VISIT TO TRISA

The Main Hall where UNEB is done

JOSE'S FIVE STAR HOTELS

Rolex stand

MUGGED GUYS ONLY

The Trinity Senior Academy Basketball Court

HELL IN TRISA

The Disciplinary Committee room

THE WALK TO WORK STREET

The route from the gate to the boys wing and then to the staffroom

THE TIT FOR TAT AREAS

The grass quadrangles, once caught stepping there, you go plant more grass

THE OUT OF BOUNDS

Upper quadrangles above the administration block

THE MEDITATION AND PRAYING ROOM

The night/morning prep room





THE KCCA IMITATION

The morning house work

THE UNFAIR ROUTINES

Raising up ties, shaving humble haircuts, and combing Maria Hair styles

SAURIYAKO RESTAURANT

Dining Hall

THE PEARL OF TRISA

Computer laboratory

POLICE CHECK POINT

Staffroom

RIVER JORDAN

The well where people fetch water

RELAXATION ROOM

Sickbay

UNDER ARREST

Head Teacher's office

ENERGY POWER SUPPLY

Kitchen

ORDER WITH CASH

Dora's canteen

TRISA BANK LIMITED

Accounts office

TRISTATIONERY

Tonny's store

MILITARY TRAINING SPOT

Assembly grounds

FULL COMBAT

Full school uniform

BY WAKWALE GLORIA

F.6 ARTS



THE TRIALS AND TRAILS OF PROM

Prom is the day candidates – Senior Four and Six, organise their party in preparation for departure from the school, although departure entirely captures the Senior Six candidates.

This topic arouses a lot of nostalgia. At TRISA, Prom is usually in the second term of the academic year. It is the time you are tuned in to so much comedy, from day dreamers and the realists. Everyone is part of the unfolding of all events of the day. I will take you through some of the moments.

First of all, there are so many activities happening on the eve of Prom. Girls “pimping” their hair and looking out for the hottest shoe.

A week prior

Comedy comes into play when you hear people say all sorts of things.

At the boys' end

Guy 1: “You guy if HM and Mr Murungi allow, I am going to land a chopper in the pitch with Bad and Boojer playing in the back ground”



The other: "Man, that was my plan but I will instead arrive in a convoy of limos"

Guy 1: "Waah that is cheap am going to bring four range rovers and escorts will be 3 V8s"

The other: Oh by the way, I am bumping on Jidennas suit in his *bambi* song.

Guy 1: Nigger I am going to wear a hub old watch and a million plus suit from Woolworths

The other: Goddamn! Alright... I am bumping Trey songs suit in his animal song and all chics, plus your date will be like ahhhhhhhhhhh

At the Girls' end

Girl 1: Did you see the other Nani's dress?

Girl 2: Are you saying the one that looked like that of Nicki Minaj?

Girl 1: Yeah, and that is what I was planning to wear.

Girl 2: Ummmmmmh ... well I will storm Sylvia Owor's lines.

Girl 3: Wahhh you babes, wait and see my baaad dress. My aunt is friends with Gucci, I hope that rings a bell plus Vale Putin is my uncle.

Sad but admirable are the spectators/non candidates, that keep throwing comments on sight of everything going on. One shouts to the other in amazement, "You guy! Nigger had a nice black suit, "Waaaa the other one dressed as if he was going for a funeral, "That guy had a baaaad (extremely beautiful) date," to mention but a few.

Conversations will go on and on and the day will end in fatigue and happiness too. Basically, it is one day that has got everyone running wild with their dreams and imagination.

Apuuli .Z. Mutebi
(Former Student)





TOGIKWATAKO (TRISA'S DECISION ON AGE LIMIT)

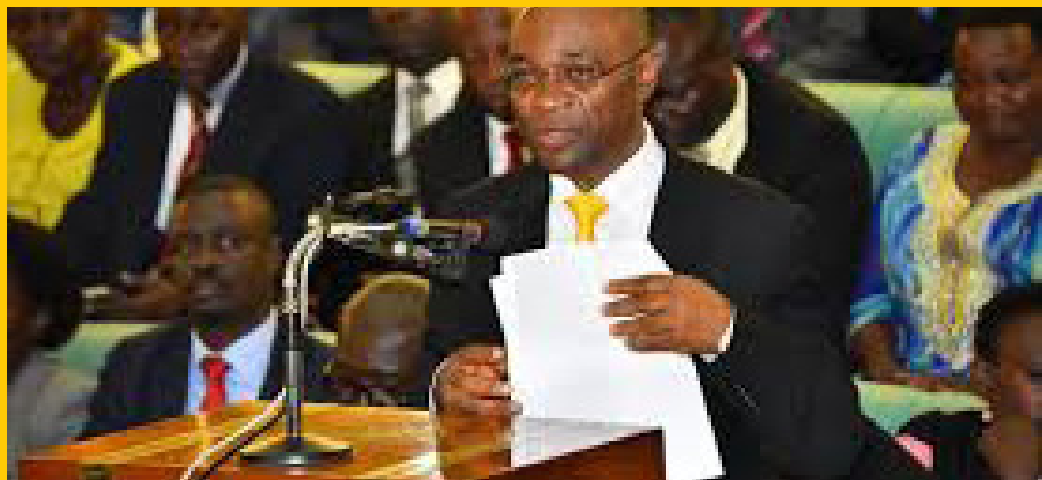
Who ever thought that Trisa would hold Uganda in its hands?

Quote me well and do not be perplexed at any point! The TRISA debate club moved out of the bloom and carried the whole parliament into its main hall for a whole day.

After having watched the news of NTV AKAWUNGEEZI, the Trisarians decided to apply similar techniques in the debate with a hot motion, "Age Limit Should Be Abolished in Uganda"

with the prefects being the NRM representatives versus the ordinary students (Bobi Wine's disciples).

This was really a heated argument that wrote a long lasting memory. It called for noise from all the four corners of the earth just like the four judges on the jury. You should have been there! Where were you? Why didn't you attend? You must have seen Kadaga's persona. He was a gentleman!



He was so hilarious and did not act the way the speaker did. His accent was enough to send many laughing at every statement he made. It was the parliament itself apart from the emotions aroused.

Almost everyone in the August House had a red cloth tied around their foreheads shouting loud with raised posts in the air "Togikwatako!"

I cannot tell the political survey the judges had but on this day, they almost ran out of breath. The audience was noisy and difficult to pacify. They

booed the movers and cheered the shakers as though they were a clique. Anyway, after the physical attack of the proposers who intended to fight, the judges announced and gave final remarks that; "Actually, age limit should remain standing!"

This was the moment I sensed a migraine. I thank God that I attended and I have told the story.

I am inquiring, "Was Trisa's debate decision for Uganda right?"

Kyomuhendo Hope

S.4W



Prayer

What prayer means to Trisarians

People pray for different reasons but mostly in search for God. St. Padre Pio said "Prayer is the key that unlocks the heart of God" It is a look turned to God, a cry for His attention. It is an expression of one's love for God.

It is through prayer that one pours out their heart to God. When making decisions, we seek for spiritual guidance through prayer.

Prayer encompasses; preparing your heart by repenting; reading Gods word, adoring and thanking God,

yielding self to God, enjoying God's presence and resting in God's love

It is important to pray because one is directed in every step of their life. People have peace and joy through the hard times because they have assurance in prayer.

Prayer diverts us from the sinful world (James 4:7-3). Let us learn to live with prayer because it helps us to examine the quality of our lives and to live in the right path of God's will for our lives.

Achai Genevieve
S6 ARTS

Hello reader

I greet you the name of Jesus Christ our Lord.

I would like to share with you my understanding of prayer. I believe that prayer is the way one commits him/herself to God – Christians, or Allah - Muslims.

People pray for different reasons and some of these include; Thanks giving, supplication and so many others. Unfortunately, many people, especially Christians abuse prayer. Some pray the wrong prayers in the way the Bible does not instruct us to.

Matthew 6:5 - 15 teaches us about prayer and shows us the right way of praying. Jesus' example of the Lord's Prayer is the right way. James 4:3 says that when we pray and do not receive, it is because we do it to fulfill our bodily desires, therefore let us seek God on how to pray the right way.

By Kukundakwe Frida

F.3

Respect the Holy Spirit!

Whoever says a word against the son of man will be forgiven, but one who says a word against the Holy Spirit will never be forgiven in this world or the next' – Matthew 12:32

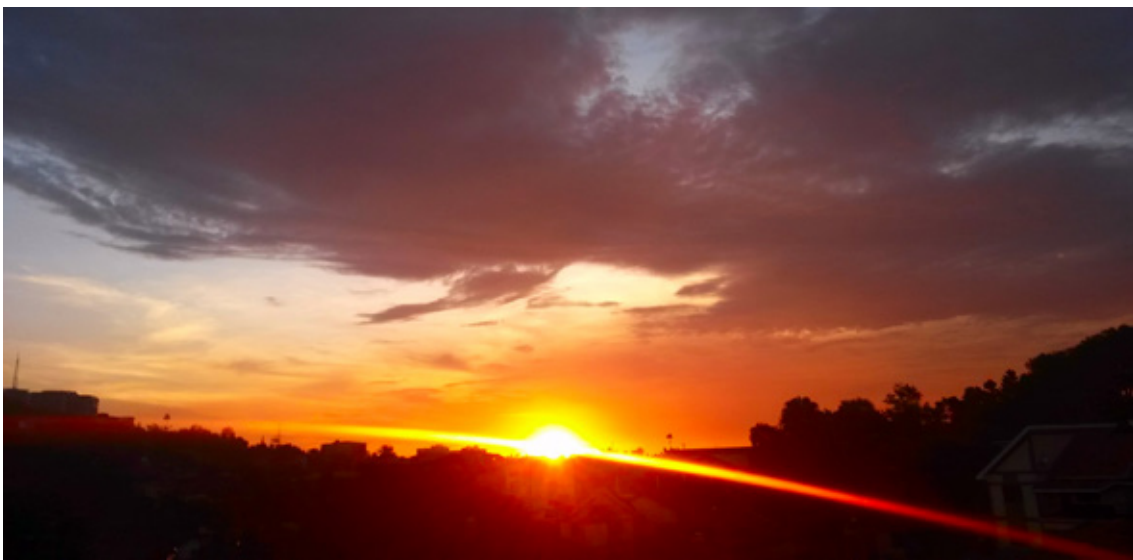
This means that you may hurl insults at anyone just like the early people did to the disciples of God and you may be forgiven. However, if you do the same to the Holy Spirit, you will pay the price.

Many people are blasphemous because they use the Holy Spirit in vain. Let me inform you that you are committing an offense against the Holy Spirit. If you did not know, now you do.

The Bible says that people die and are destroyed because of their lack of knowledge - Hosea 4:6, I urge you all who have been victims to stop and repent. Be blessed.

Arinaitwe Brennan

F.3



Hello reader,

I would like to draw your attention to some important things. I hope we all receive it in love.

Many people around the world have turned God into several other things like idols. Many have gods represented in drawings, pictures which are made by human hands.

We should not think that God can be transformed into idols. I beseech all those that practice idolatry to refrain from this kind of blasphemy. Acts 17:29-30 - Therefore, since we are God's offspring, we should not think that the divine being is like gold or silver or stone - an image made by human design and skill. In the past God overlooked such ignorance but now he commands all people everywhere to repent.

The word of God says that if we repent of our sins He is faithful and just to forgive us and lead us into His righteousness. So let us approach His throne with confidence knowing that we can be cleansed and made whole again.

May the Grace and peace of God be with us always.

Victor Kimenyi

F.3





Teenager's Prayer

Walk with me Christ!

I can not fathom what it was like when you were my age

Was there an "in" crowd at Nazareth?

Were you on the fringe, just watching?

Did you walk alone through the spring time's glory?

Did you know the loneliness of being different?

Did you run down the hilly slopes, filled with joy at just being alive?

Was the whole world cheerfully waiting for you?

Did you know of all the choices you had to make?

Lord, the world is waiting for me too

Decisions to be made await my response

I need your guidance

Walk with me, Christ!

Life is fresh, tender and new

I know the future is approaching

Lord, let me to keep the whiteness of my soul.

Charlotte Birungi

S6 HEL/SUBMATH



Alumni Interview – *Role Model*

Cosmos Elvis Lokuyu is an alumnus of Trinity Senior Academy. He is one of the students that topped the country's Senior Six Candidates with an aggregate of 18 points. While in school, Lokuyu was a leader, prize winning debater, friend to many and a role model.

He was handpicked by the Writers' Club (WC) to share his experience and opinions about different aspects in life. He was the Information Minister and later, Chief Justice while at TRISA.

WC: Leadership or passion first?

I considered the opportunities and connections I was going to lose if I took on an intimidating leadership role. I imagined students would not be free with me because of the position I would be holding yet my passion has always been creating relationships and always engaging people.



I know that each of us is a solution to everyone's problem. I like helping people and motivating them. If I had chosen to take on a leadership role that distanced people away from me, I would be losing out on my passion.

WC: Attitude towards tasks/assignments placed on your path?

I have learnt to remove the part of "IM" from "Impossible" and I have moved mountains with this attitude. I realised that what you may think is impossible to you is very possible to someone else. That means, you are not thinking harder because whatever the subject is, it is doable but the limitation is you!

My vocabulary has since eliminated several words like cannot, never, impossible and all the negative words you can think about.

In my former school, I was looked down on whenever I expressed my interest in leadership. When I came to Trinity I had to press through thick and thin and eventually, I became the basketball captain which had always been my desire.

With debate, I took on several opportunities of learning, connections and discussions. It is through this that I perfected the art and later on announced the best proposer during the Grand Debate competitions held at St. Mary's College Kisubi in 2015.

WC: Ever given up on anything?

I have learnt that, quitting is not an option for me. Most times, the moment you are about to quit is the point you are about to get a breakthrough.

Despising humble and small beginnings is what fails most people. Nobody ever started from the top. It all starts from cell one and that is what I will follow through all my endeavours.



WC: What is your guide to making decisions?

When making a decision, be true to yourself. Be realistic; question your choices, find reason to do what you ought.

I draw inspiration from scriptures like Philippians 4:13 "I can do all things through Christ who strengthens me" and Romans 16:37 - "We are more than conquerors through Him who loved us"

Everything I do, I believe in myself. I am very careful with the people I choose to listen to. I consider their impact on me. I judge whether they are going to build or break me. It is then that I make a decision.

Any dark spots you have encountered?

Before I joined Trinity, you would never want to meet me. I was one of those students that were a no-go-to, not because of anything but because of my character. In class, I used to be the worst performer and was always among the last students. I felt unfulfilled.

I learnt never to give up even when my grades were low because I know the harder you fall, the more effort you should put in getting up. By that time, I chose to believe that every set back was an opportunity for a comeback.

I remember the time we were almost sitting for exams, I had lost it all and I requested one of my mother figures to help me with her tab to listen to music. Music is my drug and that time, listening to Chris Tomlin did not mean I enjoyed his voice but God was reminding me of His love through every word Tomlin sang.

WC: How was the process for the great come back?

The time I learnt of the above is the same time I joined Trinity. I can boldly say that TRISA gave me ground for a great come back. I thought of myself as a brand, and what I was going to be in society. What character should people





attach to my name? What will my legacy be when I leave the school? And that is what kept me going for the best.

I had several connections with so many people in school including the cooks, askaris, and teachers all the way to students. I have learnt not to despise on anybody because you can never know when that person will be of help to you. It is during this time that I chose people to look up to some of whom include Ms. Daphne Achan, Ms. Agnes, Mr. Okia, Mr. Murungi, to mention but a few. I made it clear to these people about what they meant to me and they kept encouraging me every step of the way.

WC: What combination did you choose at A' level?

I loved sciences and my best subject was Biology but in the end at A' level, I went for Arts – History, Entrepreneurship and Literature. I devoted myself to getting the best out of the combination. I knew my result slip would bear my name and not my friends and I.

WC: Awards won?

In Basketball, I got the award and medal for most disciplined Basketball player under Eclipse International Basketball Academy. I received another award and medal for being the best proposer representing TRISA at the grand debate at St. Mary's College Kisubi. In Senior Six, I got the award for being an all-round student of the year and lastly, in Senior Four I got one for the most resourceful student which was the first of its kind.

WC: What are you up to now?

I love writing so I started a blog. There, I write motivational talks because I always want to reach out to people. My mission of motivating people is more of showing my gratitude to God for bringing me out great from scratch.

WC: You are a great leader, what is your plan for the future?



I am definitely not going to join politics! I want to be the best lawyer and to be the best, I have to work. Life is not about where we come from but where we see ourselves going. I am the creator of my own future. My vision is to start up a law firm that will help out children facing injustice.

WC: If you were given chance to take back time, what is that one thing you would do differently?

If that happened, I would groom someone to step into my shoes in all the fields I held positions, not because the current are incompetent but because I would have loved to pass on my personal values to them.

WC: During your time of study at Trinity, what day can you say will always be engraved in your memory?

The day I will forever hold to my heart is July 21st, 2015 - the day the whole assembly sang the happy birthday song to me after coming as the best proposer in the Grand Debate 2015 the previous week. I did not expect it but that was the best gift God could give me that year, after I prayed for something different. I still look back and smile.

WC: What proven belief have you had over the years of your life?

When naysayers try to drag you down and say you cannot do this, get the strength from their negativity, instead of being dragged down to their anticipation!

I have learnt that a legacy is a strong aspect in one's life. Always strive to leave a good legacy wherever you live or visit no matter the time spent there.

You can only leave a good legacy when you believe in yourself and do great things as a result of this attitude!



This is this cat

This is is cat

This is how cat

This is to cat

This is keep cat

This is an cat

This is idler cat

This is busy cat

This is for cat

This is 30 cats

This is seconds cat

*Read every third word
in the passage to make
a sentence*

Doko Eunice F.3 West



Jokes

Father: Where is your report card?

Son: I gave it to my friend

Father: Why?

Son: Because she wanted to scare
her parents.

N. Alexander

Imagine

Imagine you are in a car with your dad.
Rihanna's song, 'shut up and drive'
plays on the radio. Your dad asks for
the title of the song and you reply,
'shut up and drive.' I pity you brother!

Sky Amaro

F.4 West

**HAHAHA
HAHA**



HEALTH

Health Is Wealth

It is true that health is wealth because there is nothing more desirable than having your body fully functional. Absence of disease in the body does not guarantee good health. To maintain a healthy status, we should employ the following precautions;

- Eat to live but do not live to eat. Despite the fact that food is abundantly supplied to us, we should consume a balanced diet to avoid malnutrition and deficiency diseases.
- High consumption of junk food increases cholesterol levels which causes body complications.
- One must sleep for at least 5-8 hours a day to maintain the independent but perfect functioning of the body. It is during sleep that most healing occurs. Consumption of stimulants like caffeine to stay active during night may help you achieve your work goal

but will leave you with adverse side effects.

- Drink enough water while considering the fact that it should be boiled to prevent contracting waterborne diseases. Water in our bodies is lost throughout the whole day by sweating, urinating and even crying. Failure to maintain the body's required water levels causes dehydration and yet water is highly needed.
- Physical exercises should be part of one's routine to keep one's body in good health.

Conclusively, for a healthy and wealthy mind, we should focus on prevention and not cure just like it is said, "Prevention is better than cure"

Agaba Mark
F.6 Arts.



Bad breath

Bad breath or Halitosis is familiar to many people. Studies have showed that bad breathe is highly caused by dental cavities and gum diseases. Other causes may include; poor oral hygiene after meals, food stuffs with strong odours such as garlic and onions, smoking and chewing tobacco, liver failure and Pneumonia.

Less saliva in the mouth also causes bad breath. Saliva is usually produced when one is asleep; this is the reason for the dreaded morning breath. It is

usually worse for those that sleep with their mouths open.

It all comes down to brushing all your teeth and tongue very well. Pay attention to corners and the tongue. Brush to clean and not to run off for the day. Pay extra caution to your teeth. Do this daily after every meal, before going to bed and in the morning.

Also, avoid sweet stuff especially candy. In addition, drink lots water

Ainomugisha Tekla



ANNOUNCEMENT

An accident occurred today, eleven people were injured, twelve died. The Minister of Health promised to offer 5million to the injured and 60million to the dead to help in their funeral service. One of the injured got up and lay where the dead were, one of the dead shouted, "bro, go back to your place. Do not bring confusion here, they have already counted us.

Doctor Becky

F.3 West



Dave was running down stairs at a terrible speed when he met his mother. She asked him why he was in such a hurry and he said that he was running to get his watch which had fallen off the balcony upstairs. The mum told him to slow down because it had fallen down already.

He did not want to argue with her since he knew it was 15 minutes behind normal time. He thought to himself "I will arrive just on time to save my watch."

Hmmm silly boy!

**HAHAHA
HAHA**



Abu's dilemma

One evening Abu was moving around the school campus, he found Obala sitting behind the toilet with a knife and a rope. Here the conversation goes;

Abu: Obala Obala what's wrong with you?

Obala: That girl has said I am broke and she does not want me

Abu: Bro, just take it easy, girls of nowadays are after money.

Obala: It is embarrassing man, am planning on whether to kill myself or commit suicide

Abu: Gweee!!!!!! Just commit suicide using that rope because a knife may injure you which may lead to death

Obala: You are in class! Let me commit suicide so that I may find another chance.

Kussani Edward Natale

F.4 West



Fun Facts

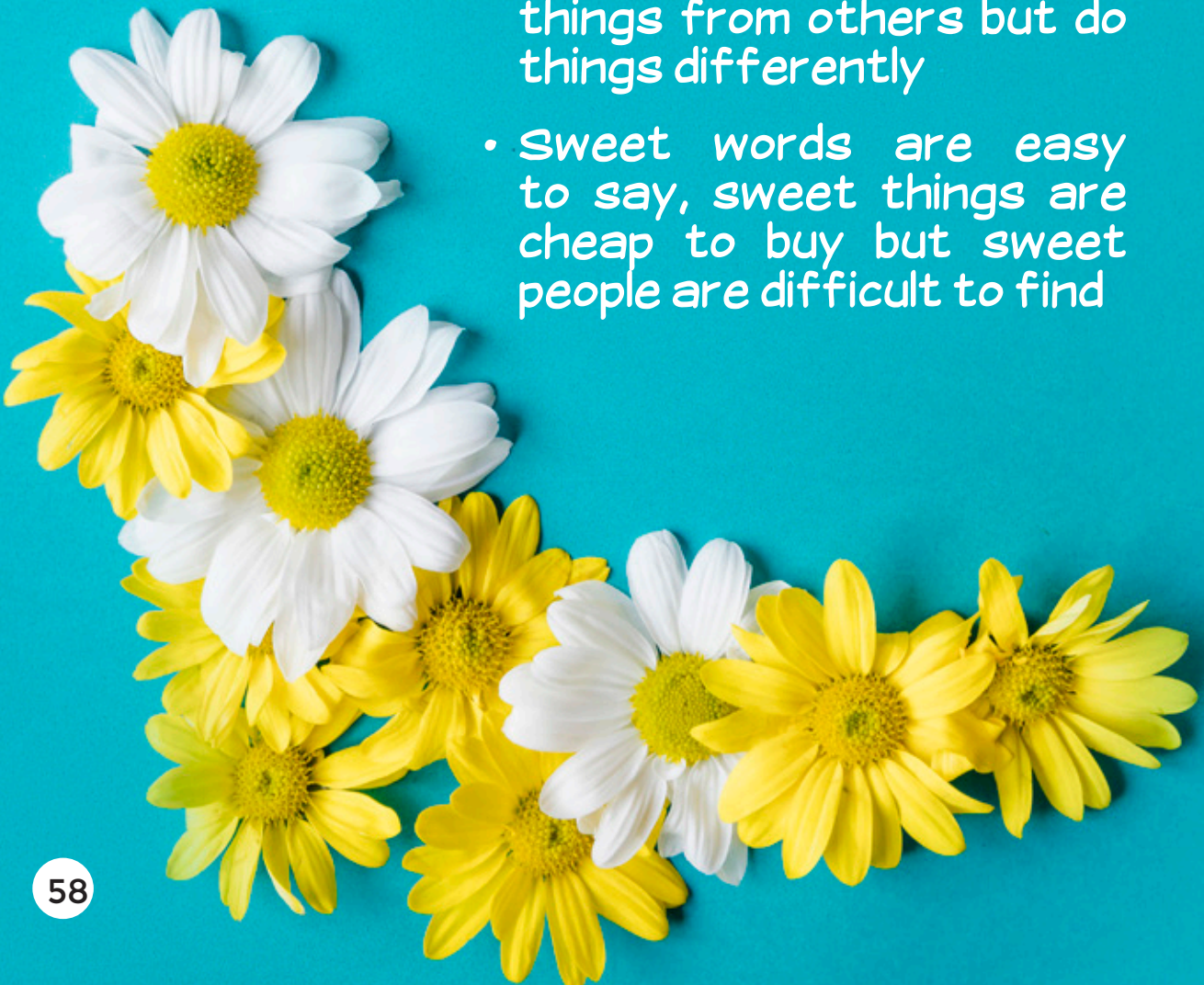
- The world's oldest piece of chewing gum is over 9,000 years old.
- 10% of the World's population is left handed.
- A broken clock is right two times every day.
- According to Amazon, the most highlighted books on Kindle are the Bible, the Steve Jobs biography and The Hunger Games.
- Bob Marley's last words to his son before he died were "Money can't buy life."
- A hippo's wide open mouth is big enough to fit a 4-foot-tall child in.
- Chewing gum while you cut an onion will help keep you from crying.
- You burn more calories sleeping than you do watching television.
- Coca-Cola would be green if colouring was not added to it.
- You cannot snore and dream at the same time.
- The average person walks the equivalent of three times around the world in a lifetime.
- Banging your head against a wall burns 150 calories an hour.
- 95% of people text things they could never say in person.
- It is physically impossible for pigs to look up into the sky.
- Guinness Book of Records holds the record for being the book most often stolen from Public Libraries.
- Men are 6 times more likely to be struck by lightning than women.

Chela Mercy

F.6 Arts

LIFE QUOTES

- Before you hate me first ask yourself what you are to me
- The worst loneliness is having no friend
- Every decision u make has a consequence
- When a fool is annoyed, he/ she quickly lets everyone know
- Do your best and leave the rest to God
- Winners do not do different things from others but do things differently
- Sweet words are easy to say, sweet things are cheap to buy but sweet people are difficult to find



Letters



Dearest buddy,

However busy sometimes we do get, I do think of you. I pray each day for the Lord to keep you.

I am thankful for your love and do not take your company for granted.

You are my Google, the answer to my every question. You are the herald of my joy; without you my dear friend, this world is meaningless.

However tough this journey may be, I promise to walk by your side. I do hope you do the same because I feel safe in your custody.

We are each other's mirror. Let us set out to do good, work hard and live to tell our lives to generations to come. Let us encourage but also correct each other in love.

Thank you for being who you are to me.

NINSIIMA RACHEAL S.6 HLD/ICT

Dearest mum,

I specially write to you to thank you for the unconditional love you show me. Through thick and thin, you have been there. Mum, I am writing this from the haven of my heart because in this world, you are the most important person in my life. Without you, I am nobody on this earth.

You have groomed me the way you know is best. The path you are paving for me I am eternally grateful.

I miss you so much when at school but I know you want the best for me and it is through education. Thank you for providing my every need.

Mum, my heart is home is with you and as the saying goes; "East or West, home is best."

My prayer is that the Almighty God bless and keep you through all times.

Lots of love,

TWIJUKYE B.ANTONIO

S.6 HLD/ICT

English tickles

Common Proverbs and their interpretation

1. Those who live in glass houses should not throw stones.

This means that one should not criticize others for having the same weakness as them.

2. A toad does not run in day time for nothing.

This means that everything happens for a reason.

3. Absence makes the heart grow fonder.

When you separate from someone that you love by putting distance between you, you will love them the more and want to see them

4. All that glitters is not gold.

Something/somebody that looks good or seems perfect does not mean it is the reality. There may be chaff beyond the appearance.

5. A monkey in silken is a monkey no less.

However much one pretends to be what they are not, they will always be what they are.

6. A tree is known by its fruit.

Someone's hard work is seen in the success of his/her plans.

Peruth Leisure

F.2 East



SPARK OFF RIDDLES

1. The thing that devours all things

Birds, beasts, tress, flowers

Grinds iron, bites steel

Slays kings, ruins towns,

And beats high mountains down what
is it?

2. It cannot be felt

Cannot be heard, cannot be smelt

It lies behind the stars and under the
hills

And empty holes it fills

It comes fast and follows after

Ends life, kills laughter

What is it?

Answer One: Time

Answer Two: Darkness

Mutebi Justine

F.3

CREATIVE WRITINGS

The beauty of Music

Music can be defined in different ways by different people. To some it is just a melody or a rhythm. It is divided in so many genres some of which include; reggae, hip pop, RnB, Rock and others.

It can be a sweet addiction because it is something the world cannot live without. It brings life to the body and healing to the soul. On a whole, music is perceived either as worldly - secular or gospel - Christian.

All day every day, music buzzes in my head. When down cast, I listen to a music track and capture a verse that picks me up. Every morning before I start on the day's assignments, I memorise a verse or music line that sheds joy in every moment and break in my day.

With music, the only way to scratch the itch is to keep having it around. Just imagine how dull a world without music would be!

JACKY MUYINGO a.k.a #LIL SAINT.

F.6 ARTS

WINNERS Vs LOSERS

Winners see the gains; losers see the problems.

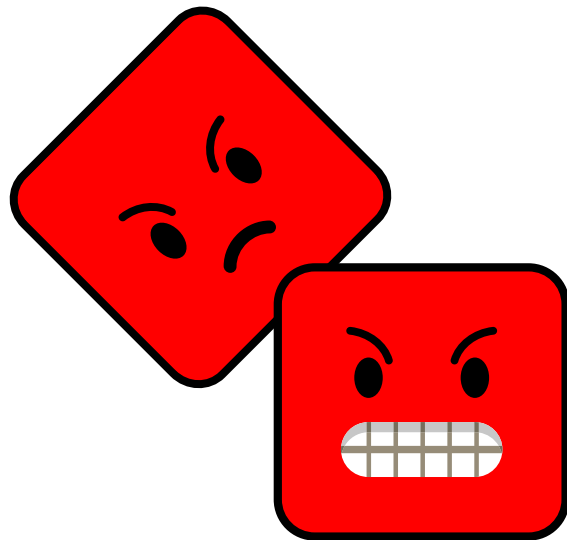
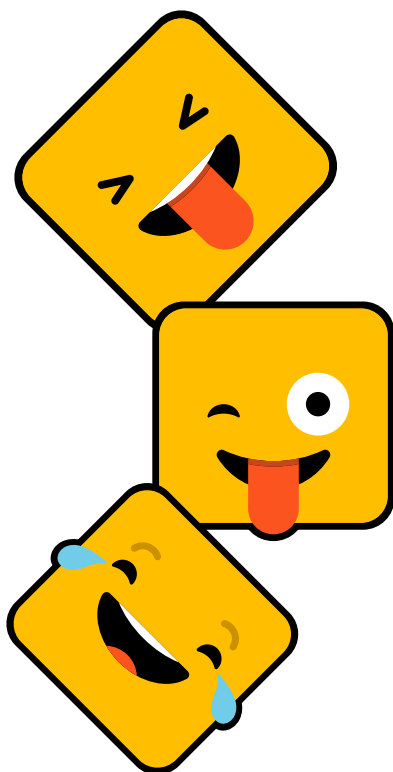
Losers are apart from the team but the winners are always programmers.

Losers always have excuses for not accomplishing certain tasks but the winners say 'let me do it for you'

Winners are always part of the answers, losers are always the problem

The winners say; it may be difficult but it is possible while the loser says; it is so hard for my ability. When a winner makes a mistake, he or she says 'I was wrong' not like the loser who insists that she/he was right.

By Kamarampaka Lawrence



Managing Anger

Anger is a strong emotion that influences us to change situations or behavior. It can gear us into fighting hard to win a match or do things we thought were impossible before like moving heavy objects.

However, anger can harm us if we let it take control of us. It may cause irreversible damage to you, your family and friends and thus break relationships.

Controlling oneself in such moments is vital. How do you do that?

Think about what makes you angry and choose to avoid it or better still, control it.

Katushabe Phionah

F.4 West.

A friend

There is one thing in this world that promotes peace, unity and love. This is friendship. There is one person you share it with. This is the one whom you run to for encouragement and advice.

The one you go to in times of sorrow and disappointment for comfort, as well as in terms of joy and success for celebrations. The one you trust and care about. This is a friend.

A friend is the person who makes positive changes in people's lives. I have two best friends; Ishimwe Patience Allen and Nanetel Mellisa Deborah.

Mujuni Cynthia Kahunde

F.2 East

Be like a wise man.

When a wise man decides to study, he does not read everything that comes his way, he reads smart. This way he focuses on what he would like to achieve by the end of the day - excellence.

If a wise man's goals move further away, he will not sit and watch, but instead persist on chasing them.

Fellow students, do you want to be like the wise man?

Let our goal be success despite the challenges that we face in attaining our education. Do not let failure bring you down but instead, learn from every mistake and struggle for perfection.

Oburu Robert

F.4W

SHAME IN THE SALOON

A lady went to a saloon to dress her hair. At the saloon, she saw a handsome man and she asked him if he was interested in having a cup of tea with her. The man said that he was married. The lady said, "I am also married but have gone out with several men." The gentle man soon replied and told her to ask permission from his wife. The lady replied with a lot of confidence saying "Where is she." The man said in a calm voice, "She is the one working on your hair."

By Kisakye Hannah

F.3 West

Peace of busy mind

Have you ever taken a break to just think about time? I have, and I realised that everything that happens in and around us may stop but the hands of time will keep moving.

So many things demand of our time; some of which are irrelevant to the progress in our lives. We ought to program our mind to think about the vital aspects of our lives and accord them deserving time.

To the irrelevant, cheat the mind of such time and gradually, what matters most will take precedent.

This way, you will achieve greatness, honour as well as respect.

Remember that being two steps ahead of time is better than being four steps behind the clockwise turn. With the mind there is a lot of creation and formation of life, so think and plan for your time wisely.

Muhairwe Jim

F.6 Arts



I CARE

Beloved,

What is more beautiful to hear than the sweet assurance of care?

Care is a definition of a love so divine, eternal and pure

When I say I care, it encompasses respect and all the blessings I pray for you.

When one cares, they take full responsibility of you.

We have full assurance of God's care, it is His promise. He says He will never leave us nor forsake us,

When God, out of His love, sent His son to die for us, He was simply stating it out loud that: I care

It was for my redemption that He let Him bleed to death

To care is what He requires of me when He asks me to love my neighbor as myself.

To care is what He instructed me to do when He says 'do unto others what you would like them to do unto you'

'I care' should be a life philosophy of those He calls His children, a motto of a TRUE CHRISTIAN

By Akamporana Kyobutungi Chozen



I am a Rising Woman

Life is a journey, a wide open road
Which I fully embraced as I live my code
I never let anyone define who they think I am
For I know what am worthy of and I know who I am.

I am God's perfect creation and being
He; all loving, all knowing and seeing
Am worthy of love and I love where am going
I have peace in the knowing,
That the path through my journey is glowing
I have faith in the knowledge
That it's where I should be.

I know I will create the life I desire,
My passion is strong and my heart is full of life.
Let fire unfold I am ready to face it
With a lot of vision and wild dreams
I will work hard and will never give up
With the help of God, I will stand by my principles
I am a rising woman and above all; a phenomenal girl.

Katushabe Phionah

F.4 West





Black African Beauty

Black is beautiful

You hear people say

"That is found among Africans only"

We should be proud

A black African woman

Basking in the sunshine

You see her black beauty

Like a silver coin

No change of colour

Black she remains

It is black African beauty

Some women try to change their beauty

Applying cosmetics of all types to change their colour

They are but blacks under white skins

We Africans

Should be proud of our beauty

It is a symbol

That makes us renowned and unique

Nasuuna Mariam

F.2 West



I WON'T SAY

*I won't say I will; Never make you cry
But I will make you smile
For you are a friend indeed.*

*I won't say I will; Never have a fight,
But I will say I am really sorry,
When I realise you were right.*

*I won't say life together,
Will be easy and bright,
But when things get tough,
We will pull through with trust
Because you my friend are dear to me!*

***By Akantorana Kyobutungi
Chozen***



CRY

If anyone asks, I'll tell them we
just grew apart

When they stare, I'll walk away

When they talk, I will throw a deaf
ear

If anyone asks, I'll tell them we
moved on

But whenever I see you, my angry
friend

I swallow my pride and bite my
tongue

Your memory keeps breaking my
heart

I pretend I'm okay with it all

And act like there's nothing wrong

Is this hard as it gets to pretend?

Because I am broken in circles,

I am lying and they know it

Why won't this pain all go away?

Why can't we make amends and live
in peace?

Mutebi Aaron Victor
(S.4 West)

TIME!

Time is slow when you wait.

Time is fast when you are late.

Time is deadly when you are sad.

Time is short when you are happy.

Time is endless when you are in pain.

Time is long when you are bored.

Almost all the time, Time is determined by emotion.

BY YOL MAJOK ABEKJOK



A TRUE FRIEND

In life we go through so many upheavals. We ought to be thankful in all season because most of these maybe mistakes or discouragement, but they surely are there to help us discern good and evil.

Times described above refine and also define our nature of friendships. Someone that is with you through the tunnel, however dark, is your true friend. He/she is what everyone needs in this world.

A true friend will stick by your side even when you are at fault. He will correct you in love and will not coat the truth despite its weight.

Therefore, when we go through such moments, let us not only groan but also look out for who will always stand with us no matter the situation.

By T. Vianne



Village Woman

Look at the woman,
Tired and hungry baby clinging to her back
She herself so tired, dragging her legs
A bundle of heavy firewood tied to her head
But she still trudges on

Her skin once smooth and lovely
Now muddled and dark
Her clothes are dirty and torn
Her feet dusty and cracked

The child cries
With parched throat but gentle voice

She sings a soothing song
She refuses to pity
Her aching, burdened back
A back that has submitted to the hoe for
hours.
Neither old nor ugly
She is gentle, tireless and brave
When at home, she fetches water from the
well
Lights the fire, prepares the food
There is more work in the fields
She gets to this until the sun sets
When will she rest?

Kunihira Winnie

F.2 West



Fashion

HOW DO I LOOK?

Most of us think it is what you wear that gets heads turning! But hey! Fashion is more than just what you wear; it is about how you look with what you choose to wear.

Most of us get so hyped with colours that instead of blending them, we congest our look and then appear disorganised and out of place.

The fabric and material also matters when choosing what to wear. One should know which Fabric he/she feels more comfortable with. This helps boost your confidence wherever you are required to be.

Ladies! You do not have to melt your face with all the make-up. Choose classy, formal and simple make up to just get your chic look.

From the hair style to the label on those shoes you have always wanted, remember it is how you look, not what you are wearing.

Atim Joan

(F.6 Arts)



TRINITY PRIMARY AND PRESCHOOL BUKOTO





WHY I LIKE TRINITY PRIMARY SCHOOL

My name is Mbabazi Elinah from Primary Six West. I am 11 years old. My sister and I joined this school in 2013. I was in Primary One, and she, Nursery. I like singing gospel music.

I like Trinity Primary School because it has great activities, for example; swimming, football, netball, basketball and opportunities to be leaders. I like the school motto, vision, mission and values. They shape us while studying here. I like my teachers, head teacher, Director and other staff members.

I love Trinity Primary School.

CLUBS IN MY SCHOOL

My name is Bijou. I am 13 years old and I am in Primary Six West. I joined this school in 2016 in First Term. I love the sports activities like athletics, tennis, basketball etc.

In my school, we have the best clubs in the whole of Bukoto. We have indoor games where every game you know is there, Red Cross, Scripture Union, Young Farmers' ohh!! We have very many I can not mention them all.

I really like my school and the teachers in it





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