

Teens Buzz

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Rainbow International marks sports day



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BY PATRICK SSENTONGO

Rainbow International School recently convened its annual Secondary Sports Day, a signature event that brought together the four school houses—Rwenzori, Impala, Sesse and Kyoga—for a day of structured competition, teamwork and community building. The occasion transformed the school field into a vibrant display of colour and enthusiasm, with students and staff united in celebration of athletic excellence and house spirit.

The event opened with the official assembly of the houses on the sports grounds, each presenting coordinated colours and disciplined readiness for the day's programme. What stood out through-

out the event was not only the competitive drive, but the strong sense of mutual support and sportsmanship displayed by students across all year groups.

The programme featured an extensive range of athletic activities designed to accommodate varied abilities. Field events such as high jump, long jump, javelin and shot put provided opportunities for students to demonstrate technical skill and strength. Track events—including individual sprints, middle-distance races and the crowd-favourite relay competitions—maintained high levels of excitement. The all-year-group relay, in particular, showcased cross-age collaboration as younger and older students competed side by side. Complementing the formal athletic programme

were community-centred activities such as tug-of-war and the teachers-and-parents relay, both of which contributed to the light-hearted, inclusive spirit that defines the school's sports culture.

Two houses distinguished themselves at the conclusion of the event. Kyoga was awarded the Spirit Cup, having consistently demonstrated exemplary motivation, active participation and commendable house pride throughout the day. Their vocal encouragement and unity significantly elevated the overall atmosphere.

Impala secured the position of overall winners, earning the top trophy through balanced and consistent performance across both track and field competitions. Their disciplined coordination, resilience and sustained effort were evident in every

event.

Beyond the competition, the sports day reaffirmed the value of the house system in fostering belonging, leadership and cooperation within the student community. The event offered students opportunities to challenge themselves, support peers and celebrate collective achievement.

As the day concluded, the field reflected a blend of tired but satisfied athletes, proud house banners and a strengthened sense of school unity. For all participants, this sports day once again demonstrated the power of sports to inspire teamwork, confidence and shared purpose.

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The energy, unity, and house pride shone through every game that Kyoga House, the Spirit Cup winners, took part in. PHOTOS/ PATRICK SSENTONGO

Rainbow International's spirited sports day

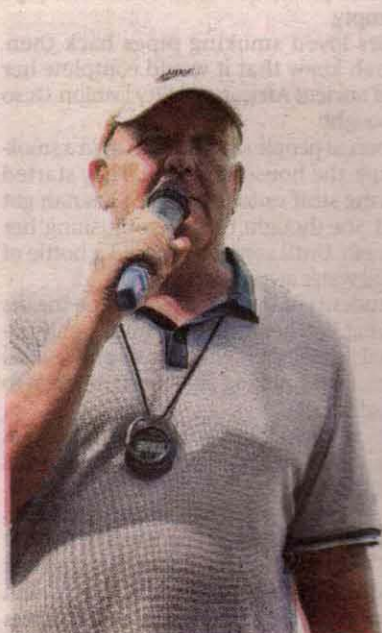


Bringing the heat to the relay track as every stride counts.

Full of spirit: Staff enjoy the thrilling action and celebrate the talent on display.



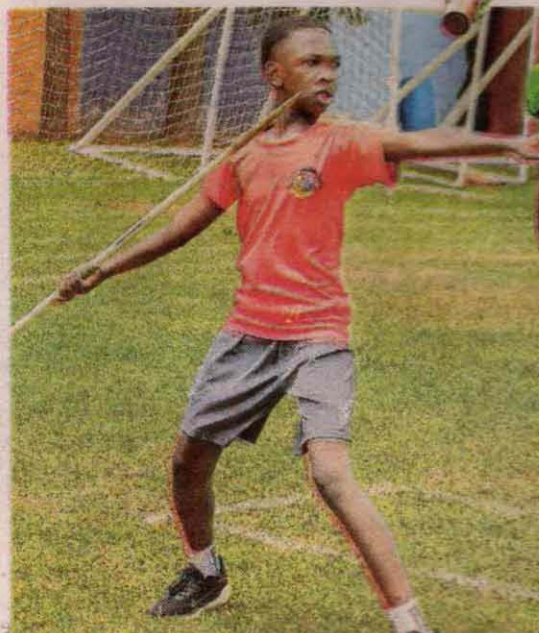
Smiles, cheers, and team pride! Students show their full support from the stands during the event.



Mr Derek Jones, the school principal, speaks to the students after the event.



Defying gravity! Taking flight for Impala House.



Ready, set and throw! A great moment from the field events during the day.



A participant from Impala House that were crowned champions.