



VERONA

Times Magazine

2025



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Theme of the year:

"Embracing a milestone in Academic excellence"

EAST AFRICAN ANTHEM

Chorus

Jumuiya yetu sote tuilinde
Tuwajibike tuimarike
Umoja wetu ni nguzo yetu
Idumu jumuiya yetu

1. Eeh Mungu twaomba ulinde
Jumuiya Afrika Mashariki
Tuwezeshe kuishi kwa Amani
Tutimize na malengo yetu.
2. Uzalendo pia mshikamano
Viwe msingi wa umoja wetu
Natulinde uhuru na amani
Mila zetu na desturi zetu.
3. Viwandani na hata mashambani
Tufanye kazi sote kwa makini
Tujitoe kwa hali na mali
Tuijenge jumuiya bora.

NATIONAL ATHEM

**Oh Uganda may God uphold thee
We lay our future in thy hand
United free
For liberty
Together we always stand**

**Oh Uganda! The land of freedom
Our love and labour we give,
And with neighbours all
At our country's call
In peace and friendship we'll live.**

**Oh Uganda! The land that feeds us
By sun and fertile soil grown.
For our dear land
We'll always stand:
The Pearl of Africa's Crown.**



THE SCHOOL ANTHEM

**Verona High School, the school of
difference,
United we stand for our future
Verona High School, we stand all
together,
to strengthen the future, and our
performance.**

**We thank the board, the teachers and the
parents,
who thought so wise, to start this
venture.
We thank the Lord, creator of the
universe,
for him is our shield and anchor.**

**We maintain high standards of
performance,
producing students who are job
creators.
Qualified staff, educated and
experienced,
the Lord is with us, let the school shine
on.**

**Verona High School, the mother of the
nation,
we love you Verona, you brought us
together,
Veni Vidi Vici, the mighty motto,
on which we build our career.**

THE CHIEF EDITOR



**PRINCE KAYEMBA
EDWARD.**

Dear,
Our esteemed readers, for long you have waited for this Dream to come true. I hereby present to you our inaugural souvenir magazine, THE VERONA TIMES.

It is very pleasing to have the birth of our first volume as we celebrate our tenth year in nurturing children. We thank the Almighty that has enabled us to reach this milestone. We hope to improve on each and every other volume.

I am optimistic that you are going to enjoy the different sections of this magazine. Take some time and go through our articles that range from school affairs, health, fashion, sports and entertainment. Crack your ribs when it comes to the jokes, and enjoy the different pictures.

Special thanks go to the school Administration headed by our head teacher Mr. Kabanda Ignatius together with the Board of Governors for the support. May the Almighty continue using you for the benefit of everyone around us. The entire school staff especially those who have contributed articles in order to see this dream come true, Kudos to you! We pledge our unwavering cooperation with you as we continue to nurture the future of our children.

Special appreciation goes to all members of the editorial team, Madam Nakasozi Ruth, Madam Kobusinge Joan and Mr. Ssekyanzi Yeko for all efforts, staff members, the Writers and debaters club members for the coordination, students and all those members who have contributed in a special way through articles, thank you so much.

I would like to end by calling upon everyone for advice and constructive criticism especially where your expectations have not been met as this will help up better our future productions. May we continue in the same spirit to ensure continuity of our lovely school.

VENI VIDI VICI

Co-editors



MS. NAKASOZI RUTH



**MS. NAMULINDWA
CHRISTINE**



**MR. MUHANGI
ENOCK**



**MR. SSEKYANZI
YEKO**

MESSAGE

From the **CHAIRMAN BOG**

DENNIS KAGGWA (MR.)



Celebrating a Decade of Excellence

Verona High School Mutundwe marks an incredible milestone this year—10 years of academic excellence and community development. Founded in 2015, Verona High began with a vision: to create an environment where students could thrive both intellectually and personally. Today, we celebrate the success and growth that has come from this vision.

Our success reflects the dedicated leadership from the Board of Governors, our Headteacher Mr. Kabanda Ignatius, the Director of Studies, teachers, and non-

teaching staff. Your tireless efforts and commitment have shaped the strong foundation of Verona High, allowing it to grow into a school of distinction. A special thank you to Owekitiibwa Charles Peter Mayiga, Prime Minister of Buganda Kingdom, for gracing this occasion with your presence.

At the core of our success are the students. Over the years, Verona High students have shown resilience, curiosity, and a thirst for knowledge. You are the true ambassadors of this school, making us proud with every achievement. Whether in the classroom or beyond, your contributions continue to define the essence of Verona High School.

We also extend our heartfelt gratitude to the parents and guardians. Your unwavering support has been integral to our journey. Working together as a community, we have fostered an environment where students not only excel academically but also grow into well-rounded individuals ready to face the world with confidence.

In the past decade, Verona High has achieved significant milestones, from outstanding academic results to success in extracurricular activities such as sports, drama, and music. These accomplishments are a testament to the dedication of our staff and the hard work of our students, as we continue to grow as an institution.

As we look ahead to the next 10 years, we remain committed to providing a quality education, fostering holistic development, and creating opportunities for students to thrive in an ever-changing world. Together, we will continue to build on the strong legacy of Verona High School, ensuring it remains a place where dreams are realized, futures are built, and greatness is achieved.

On behalf of Verona High School, I thank everyone who has been part of this journey. From our founding members to the current staff, students, and parents, your contribution has been invaluable. Here's to the next decade of success, growth, and excellence.

Happy 10th Anniversary, Verona High School Mutundwe!



MESSAGE

From the
HEADTEACHER

KABANDA IGNATIUS (MR)

Dear esteemed readers of the Verona Times, am filled with greatest pleasure to reach out to you in this first edition as we look at our journey of 10 years. I thank the almighty God for his protection and providence since then up to this D-day.

In the decennium, there has been lots of provocations, but we have continued to grow steadily and with great relevance to our community and the students at large.

I am therefore grateful to the Writer's & Debater's club of Verona High School for its resilience and spear heading the publication of this inaugural magazine. I also want to greatly thank the board of Governors under the Chairmanship of Mr. Kaggwa Dennis for their dedicated service, guidance and advice which has enabled the steady blossoming of our Mighty Verona.

On a similar note, I express my gratitude to other stake holders like the Communities of Mutundwe Ward, Bunnamwaya, Nalumunye, Nateete and all surrounding areas, our dear parents, staff and our beloved students for their continued support and cooperation.

With respect to our motto, "VENI VIDI VICI" backed by our school mission, "to be a model school in the region and maintain a high standard of performance among learners so as to produce all round citizens that can create jobs rather than seeking them", we are pushed to achieve academic and moral excellence. It is therefore our wish that we produce a whole person who will be of great value to this great nation and the entire world.

Admittedly, we launched into this venture with a must come true dream of promoting and emphasizing discipline, smartness and academic excellence of the learners as our core values. Our academic excellence has been tremendous from our pioneer candidates of 2015 both in UCE and UACE reaching at the extent of having fully government sponsored learners at Universities. We are very optimistic that students are going to perform better than that year by year at all levels. Citing discipline, there are always set rules and regulations in any organized institution and these



do exist in our school as well. These rules set standards and guide learners on how to behave and the dos and don'ts of the school. In cases when students go astray, corrective measures stipulated in the rules and regulations are applied. These range from manual work, inviting parents, guidance and counseling and in extreme cases suspensions and later expulsion. All these are aimed at ensuring sanity in the community which enables effective teaching and learning process to take place and producing good citizens of integrity. Without a doubt, we give thanks to the Almighty God who has enabled us through that. We have had no extreme indiscipline cases and we are gratefully proud of our disciplined school.

In terms of structural development, the face of Verona has gradually changed from the original 6 classroom to a new flat building named Charles Peter Mayiga Block having 8 classrooms and a multipurpose hall at the second floor that we shall officially inaugurate come 18th July, 2025.

Without a doubt, it is a culture at Verona to have Music, Dance and Drama Gala and inter house competitions in second term for the past 9 years. It has enabled us to identify and develop learner's talents as well as potentials outside class. Many have joined professional groups like the Ebonies.

It should be noted that, we imbue skills development to our learners aiding them in becoming self-sustaining in future. Our departments of information communications technology, games and sports, vocational along with Art and science in general are imparting life sustaining skills that mould our students to contribute to National development.

Importantly, we are very mindful of our student's health and hygiene, that's why we make every effort to keep our school squeaky clean. We managed to Pave the school compound and walk ways to avoid mud and also maintain a green environment. We have also installed a water system to different sections of the school as well as safe purified drinking water for our students.

In particular, I wish to thank and congratulate all members of the staff who have aligned with us, offering continuous service to the school for all the years. Thank you for being good and caring to our learners and for fostering the future generation.

Furthermore, the old students of Verona High School, we are always very proud of you because you are our light away from school. We thank God for all the achievements you have scored in life and wish you more and more to come your way. We appreciate your endless love and support to your mother school.

Never the less, our beloved contemporary students, thank you for espousing in Verona and always remember to reflect on our purpose of being in school. You are all special to us as a school your parents and the nation.

Have targets in life and believe in yourselves because you all have the potential to become great persons in future. Therefore, read hard, utilize your teachers and utilize the time in school maximally and always pray to God, the sky will be the limit.

In short, I have a lot to say, but let me spare the rest for the next edition. Everything we do at Verona is aimed at raising standard academically, socially and economically. I therefore call upon all the stake holders to work together towards the progress of our school. May the Almighty God bless VERONA.

VENI VIDI VICI
KABANDA IGNATIUS (MR)



Message from **THE DIRECTOR OF STUDIES** **MUWAYIRE FRANCIS**

Over the years, Verona has educated and excelled many students, a good number to public universities, Private and Vocational Institutions. Our learners have successfully taken up careers whereby we have made doctors, Engineers, Lawyers to mention but a few men and women of Velour to this great world just in the period of 10 years. Verona High school strategically has a well conducive environment, surrounded by green vegetation and numerous classrooms, well facilitated library, computer and science laboratories of all levels, reading rooms, research rooms, to mention but a few that frankly explain our students' excellence.

Our students are imparted in an academic culture whereby they are self-driven when it comes to learning, research, projects and consultations. We have enhanced togetherness and Teamwork in our learners, to work and share in groups and Clubs. This alone has yielded great fruits in academic performance because at least each learner benefits. The strong bond between the administrators, teachers, students and parents also give learners a sense of belonging. On top of that, the extra-curricular activities, Vocational Studies and students' hobbies have been greatly catered for; we teach and breed a whole child.

Remember the best investment you can give your child is good education, so let's join together to see that our students excel and become of substance in future. I interest you to be part of this course and bring your child to us; he/she will never remain the same.

THE GREAT MILESTONE

As the mighty motto states "Veni Vidi Vici" Indeed in a period of 10 years Verona has conquered the academic field in Uganda. We have academically, morally upright nurtured essential citizens of this country and beyond. Way back in 2015, we began as any Institution in a small premise; slowly we managed to achieve the academic success of our learners. This has been possible through the good grades obtained by all our learners at O & A levels, Arts and sciences in all academic years.

This has given us tremendous popularity in this very short period of existence. Our committed, hardworking and qualified staff has also been our back bone to the heights we are exploring.

STAFF

VERONA H/S



Muwayire Francis
DOS



Yiga Edward
Asst. DOS



Mutoni Lillian
Fine Art



Muwawu John
Fine Art



Kayemba Edward
Geography



Musoke Francis
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Luganda Geog. /Lug.



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Muhangi Enock
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Kiwalabye Frank
Physics/ Math



Kiyangi Yunus
Bio/Chem.



Kunobwa Stanley
Fine Art



Kiggundu Joy
ICT



Namulindwa
Christine ICT



Nakasozi Ruth
Lit./Eng.



Nayijuka Ivan
Phy./Math

TEACHING STAFF

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VERONA H/S



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Kibirige Edward
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Kanshabe Allan
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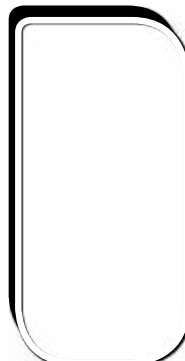
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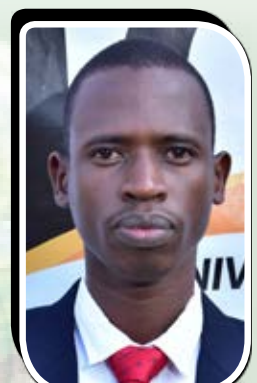
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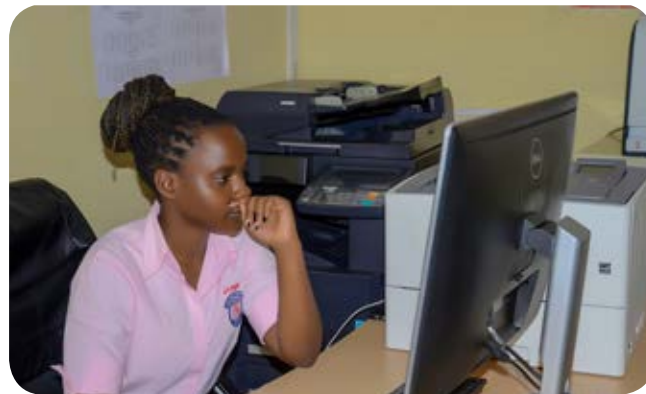
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Yawe Robert
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Kansiime Martha Blick - Secretary



Namayanja Aisha
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Sunday Bongole-Electrician



Kanyago Pamela
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Cleaner



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Cleaner



Ssekyanzi Tonny
Head Chef



Droma Kenny
Security



Ariama Samuel
Security



Ondoga Alfred
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SUPPORT STAFF

MESSAGE *From* ICT DEPARTMENT



10 YEARS OF DIGITAL TRANSFORMATION: THE ICT JOURNEY OF VERONA HIGH SCHOOL.

Back in 2015, our school's ICT department was a cramped room with few aging desktops and no internet access. Students took turns exploring basic computer literacy, often sharing a computer between three or more peers. But even then it was clear that this was not a luxury rather a lifeline to the future.

As the world raced into the digital age, our school committed to not being left behind. With determination and support from parents and director of the school, Mr. Kabanda Ignatius, the ICT Program grew into a cornerstone of the curriculum. The desktops increased in number and unlimited internet was installed and since then adopted.

ICT being a game changer, it is no longer a subject but an aspect woven into every part of school life. From typing skills to coding, students are equipped with tools they need for the 21st century workplace.

Educators are also empowered since they are trained in digital pedagogy, allowing them to personalize learning and track student progress with ease.

ICT enables students to carry out extensive research about topics that may seem complex to them and they are therefore equipped with sufficient knowledge about what they are studying about in the classrooms and this is helpful.

ICT also benefits learners with getting to know about the news that can be found on the internet that is, international news, national news, entertainment news and sports news. In a school environment where learners need examples from what is happening around the world, this helps them deal with more realistic examples in order to excel.

The ripple effects of ICT are even beyond school where former students have secured roles in software development, digital marketing and IT support, some even returning to mentor the next generation.

Technology is used to support values-based education, with tools helping reinforce spiritual lessons, moral dilemmas and critical thinking as the new curriculum leans towards these values.

Looking ahead, the journey is far from over. The school is investing in teaching coding to learners, preparing them to not just be users of tech, but also creators of it.

The school is also looking in giving students instant access to a universe of more online research tools through applications like AI to give them other opinions about topics.

Our vision

To raise future ready citizens innovative, ethical, equipped with knowledge to harness technology for the good of all our students.

As we celebrate not just years but remarkable 10 years, Verona High School shines not just because of what it has achieved, but also because of what it dares to dream for the future regarding ICT department. We continue to hope for the very best as ICT department from our learners as they explore this amazing thing called ICT that is common in all aspects within the world in this century.

Thank you to our esteemed readers.

N. CHRISTINE MATOVU & KIGGUNDU JOY



Message from **ENGLISH LANGUAGE AND LITERATURE**

BY MS. KOBUSINGE JOAN

The Enchanting World Of Literature

In the rhythm of everyday life, literature stands as a timeless refuge, inviting us into realms of wonder and imagination. Books have the extraordinary ability to transport us beyond our classrooms, allowing our minds to wander through uncharted territories, meet fascinating characters and experience emotions that span the spectrum of human experience.

Imagine diving into the vibrant worlds of novels and plays, take an example of Francis Imbuga's "Betrayal in the city" a play that echoes my deepest sentiments "when the madness of an entire nation disturbs a solitary mind, it's not enough to say that the man is mad" wow!.

Literature is more than just stories; it's a powerful tool that cultivates empathy and sparks creativity. It inspires us to think critically about our own lives and the society we inhabit. Through the characters we meet and the challenges they face, we gain insights into different perspectives and cultures, making us more compassionate individuals.

Moreover, in a world dominated by screens and quick entertainment, reading nurtures patience and discipline. The treasured moments spent in a cozy nook with a book encourages reflection and deepen our understanding of ourselves and others. Each page turned opens a door to endless possibilities, encouraging us to dream, learn and grow.

As we journey through the pages of literature, the world of words, we not only entertain ourselves but also enrich our minds and spirits. Let us embrace this enchanting world, exploring its countless narratives and immersing ourselves in the wisdom it offers. Discovering literature is not just a hobby; it's an adventure waiting to be embarked upon by every student. Grab a book, dive into a poem or pen your own story and let the power of literature sweep you away to enchanting places beyond your wildest dreams.



NEW CURRICULUM

By: Mr. Musoke Francis



A PEDAGOGICAL TRANSITION FROM OLD TO NEW CURRICULUM IN UGANDA'S SECONDARY SCHOOLS:

The first form of education which thrived in Uganda was called "Informal Education" which was initiated by parents and communities through traditional practices and teachings. Children acquired knowledge from homes or by community elders who transmitted cultural knowledge, skills and values necessary for daily life including farming, craftsmanship and social customs.

The very first foreigners to arrive in what is now Uganda were Arabs. These Arab traders began arriving in the 1830s but they were seeking trade opportunities hence they did not do any contribution towards secular Education in Uganda.

The very first Europeans to visit Uganda were Explorers who were; John Hannington, Speke and James Grant in 1862 who were sent by the Royal Geographical Society to search for the source of R. Nile. At that time, our ancestors were still enjoying informal education.

Formal Education as understood today was introduced to Uganda in the late 19th century primarily through the efforts of Christian missionaries affiliated to the Church Missionary Society (CMS). They arrived in Uganda in 1875 and they started establishing schools which were

linked to their missions in 1890s with Kayanja school at Mengo as one of the earliest standard formal schools in Uganda which was established in 1895. Mengo Senior School is widely considered to be Uganda's oldest secondary school having been established in 1895. Later, other secondary schools were established by religious and private organizations in the 1950s.

In 2005, the Ugandan government adopted a compulsory science policy for all students in "O" Level which was implemented in 2006 in order to promote science, technology, engineering and mathematics to promote national development and address a shortage of scientists and engineers in the country. A student had to offer either 9 or 10 subjects at "O" Level in UNEB but 8 subjects were considered in grading including compulsory subjects like Biology, Chemistry, Physics, Mathematics, English, Geography, History and 1 optional subject. Perhaps, students were free to do subject combinations of their choices at "A" Level which were assessed out of 25 points. The combination had a total of 4 principal subjects and 1 subsidiary (General paper) which was an exodus from the previous 3 traditional subjects. However, the 3 principal subjects were later reconsidered in 2014 with 2 subsidiary subjects.

The government of Uganda through the ministry of education realized a need to change the secondary curriculum because the old curriculum was not matching with the 21st century dynamics in technology, skills and innovativeness. The curriculum was so theoretical grooming academic giants who could pass exams with flying colors, but could not produce even a paper bag! A teacher was the source of about 90% knowledge and information which was disseminated into learners who enjoyed mostly the receiving side (Tabularasa). Consequently, the National Curriculum Development Center was tasked to review the secondary schools' curriculum starting with O-level and later A-level. The new curriculum rolled out in 2020 as a competence-based approach that emphasizes skills and competences over the old knowledge-based learning. This shift includes

continuous assessment (C.A) that is to say; assessment for learning where a teacher sets scenarios and tasks for students as the lesson goes on, and assessment of learning where the teacher gives an activity at the end of the lesson, marks and gives scores to individual learners or groups. Assessment can still be formative that is to say; in activity of integration which is marked out of 3 scores considering Relevance, Accuracy, Coherence, and Excellency in work done by a learner. The total of all scores in the chapters assessed is 20 scores. As well, formative assessment is done at the end of the term or academic year and the total of scores per subject is 80 which is added to 20 from activities of integration to get the percentage score.

Continuous assessment is incorporated with project work alongside end of cycle examinations and the grading system ranges from A-E. In other words, the students do not totally fail, instead are legible for Result 1 unless if one misses some papers in examinations or performs poorly with only scores D and E in all subjects, he or she is pushed to result 2 and the other results that follow. Projects are assessed at school level and presented as a stand-alone achievement on the certificate.

During the teaching-learning process, the facilitator (teacher) not only focusses on syllabus but also the active participation of learners that is to say, in talent exploring and grooming activities like MDD, Sports and Games,

inter-personal relationships like sharing, empathy, indulging in charitable work like visiting babies' homes, the disabled among others.

Facilitators fill certain checklists which prove the capabilities of each individual learner in various chapters in the subjects he or she is going to sit for in National examinations.

The new curriculum implementation at A-Level has commenced this year (2025) with almost the same approach and scenario-based assessment as it is in O-level. The peculiarity is that many papers in various subjects were removed and knowledge, as well as content were also scrutinized removing some topics which seem to have less impact in today's world of globalization.

In a nutshell, albeit many challenges are exhibited county wide during implementation of the new curriculum for example; limited text books, laboratory apparatus for practical almost for every chapter, limited funding from government and parents, limited staff to implement the curriculum especially in upcountry schools, dilemma about whether students should be allowed to possess phones for research at schools, among others, benefits are also tremendously realized like; innovativeness among learners through projects, acquisition of problem-solving skills, a fair balance between traditional norms, values and modern globalized behaviors, positive inter-personal relationships, patriotism, self-esteem and expression, among others.



MESSAGE

From **DEPARTMENT OF LANGUAGES.**

By Madam Ruth N



THE BITTER TRUTH

Teachers out there are toiling day and night to make ends meet through our might profession “teaching”. It has blessed many of us with wealth investments, good families, homes, and vehicles. Many still have shot the bar so high to being Entrepreneurs dealing

in Education business to other commercial businesses. Indeed, it’s a service and we are proud of being pieces of this whole thing, but there is this vice that is completely eating up a **WHOLE TEACHER!!**

Gone are days when Education as a course is chosen on merit and passion, now days, Its vice versa. Many opt for the course because of its being cheap well as others it’s out of force from family, friends, guardians and funders.

Gone are the days when teachers could dress in perfectly fitting suits, neck ties, perfectly brushed black shoes, belts to the “masters” in the name of male teachers. These days, the trend is changing to half fitting trousers, balanced below the waist, multi colored shoes, t-shirts and jerseys becoming the trend and learners are perplexed!

Making it worse, the Madams are now changing it to what they call modern professionals which in actuality makes zero sense. Their love for skimpy, quarter fitting and half exposing body attires is even making it a menace to the school community. This is still exposed through their lavish hair styles that makes them hardly speak, write at the chalk board and even enjoy the school meals. Decency is not nuisance, let’s focus on being modest, of valour and value because we are grooming the tomorrow nation.

The custodians of knowledge are being eaten up by a disgusting vices of buzzing, clubbing and alcoholism both male and female teachers, bosses and administrators are all turning into laughing stocks to their customers when met early morning with rusted eyes, unpleasant scents, yet are supposed to be the role models to the ones they teach.

Iam forced to say; Let’s go back to our code of conduct and ethics.





OWEK.
Charles Peter Mayiga's

**Visit at
VERONA**

The Kattikiro of
Buganda

The Kattikiro of
Buganda signing in
the visitors Book





OFFICIAL OPENNING OF **CHARLES PETER MAYIGA BLOCK**

18th July 2025



VERONA OLD STUDENTS ASSOCIATION



By: EMMANUEL WAMALA KAMBE

“Unleashing Hidden Harmonies: The Power of Talent Development”

As I sit here, reflecting on my journey as the Entertainment Prefect at Verona High School (2016-2017), I'm reminded of the incredible talents that lie within each of us. As a professional music teacher and MDD trainer for schools, I've had the privilege of witnessing students discover and develop their talents, and I must say, it's a truly magical experience.

Talent development is not just about innate ability; it's about nurturing and honing those skills to reach their full potential. My own musical talents, for instance, were cultivated during my time at Verona High School. With the guidance of supportive teachers and mentors, I was able to refine my skills and become the musician I am today.

But here's the thing: many of us take our talents for granted. We assume that only a select few are “gifted” or “talented,” and the rest of us are left to struggle in mediocrity. Not true! Every individual has a unique talent or ability waiting to be uncovered. As parents, it's essential to encourage your children to explore different activities and discover their passions. Is your child a budding musician, artist, or athlete?

Support them, guide them, and watch them flourish!
As an MDD trainer, I've seen firsthand how talent development can boost confidence, creativity, and overall well-being. By investing in our talents, we invest in ourselves.

So, to all the students, parents, and educators out there, I urge you: don't take talents for granted! Nurture them, develop them, and watch them blossom into something extraordinary.

Verona High School, I'm proud to say, has been a breeding ground for talent development. From music to sports, drama to debate, our school has provided a platform for students to shine. And as we celebrate our 10-year milestone, I'm excited to see the next generation of talented individuals emerge.

In conclusion, talent development is a journey, not a destination. It's about embracing our unique abilities, working hard, and having fun along the way. So, go ahead, discover your talent, and let it shine!

About the Author:

Emmanuel Wamala Kambe musically known as Emmason Quaver, MDD Trainer for Schools, Artist painter and Professional Music Teacher, was the Entertainment Prefect at Verona High School (2016-2017). He is passionate about talent development and empowering students to reach their full potential.

I propose we start making arrangements for the Alumni dinner in the 4th quarter of the year which will enable us bond and network. This will serve as an awards dinner during which we shall recognize the different contributors to the school development.

Jico league is the beacon of hope of our Alumni and has demonstrated the power to bring us together. I implore cohorts that are yet to subscribe to the league to actively follow events and also show up in the season three. Jico league is a platform that we should embrace and support as OBs both financially and morally.

The league gives us an opportunity to meet and reconnect every 1st Saturday of the month amidst the glamour of the competitive passionate beautiful game. I also call upon OBs with running businesses to partner with the league in the different aspects. This is our thing and we shouldn't wait for outsiders to sponsor it when we are capable. I encourage all of us to use the platform to grow their business interests. Remember, Jico League is just more than a game, it's a platform.

I would like to commend whoever contributed to our first project for the school. The white boards campaign was a success. We were able to purchase 30 white boards at a cost of 10 million. I am proud of this achievement, but I know there is more we can do. From my observation and various visits to the school, accommodation seemed to be one of the burning issues. Enrollment for students has increased and so have the classrooms. However, the bigger question is how are the students sleeping? During this year's home coming, we unveiled a 3 billion dormitory project. This would accommodate about four hundred students.

I would like to commend all OBs that have continued to support each other and stood by families that have lost some one and those that have shared opportunities with job recommendations. Let's also be mindful of the language we use on the platform and be respectful to one another as comrades. I look forward to our continued collaboration and progress.

Moving forward, let's continue to be fully involved and make suggestions on how to grow our association and build a brand we can all be proud of. I encourage everyone to join the conversation and contribute their ideas.

LEADERSHIP MINDSET



**NANDAWULA
MARIA TRACY**

Leadership is defined as the ability of an individual, group, or an organization to lead, influence, or guide other individuals. Who is a leader? A leader is someone who inspires passion and motivation in followers. A leader is someone with a vision and a path to realizing it.

Different people have a way of perceiving leadership, I call it leadership mindset. Most people see leadership as a way of exercising control over others, but I see it as a way of learning new skills, gaining confidence and leading others into doing what they are supposed to do under your guidance.

For the time I've spent in these things I have learnt a lot and my mind has sprouted out to more things that I wasn't giving a lot of my attention. These include socializing with a number of people from different walks of life, learning to understand what others want.

To be a leader you need to have a vision and a path to realizing it. You need to connect, motivate, and inspire a sense of ownership of shared objectives. One should also possess qualities such as integrity, self-awareness, courage, respect, compassion, and resilience. A leader also ought to display qualities you want to see in your companions, continually improve your leadership skills, and motivate your team.

The benefits of leadership include motivating, inspiring, and guiding others. Creating a vision and positive changes among the people you lead. One gets better communication skills and increased innovation.

Leadership is a vast topic that if we decide to talk about it we can talk for hours on and on without finalizing. I one time heard of an important person who said that never leave any place without engaging in any leadership activity on any level so I would like to call upon everyone to take part in leadership.

"if your actions inspire others to dream more, learn more, do more and become more, you are a leader" John Quincy Adams.

HEAD PREFECT EMERITUS
2023-2024



Prefectorial Body 2023/2024

Head Prefect 2024/25

By Muganzi George
Trust Kinalwa



MY LEADERSHIP JOURNEY

Leadership is the ability to inspire, guide, and influence others toward a shared vision or goal. It goes beyond holding a title or position of authority—true leadership is rooted in integrity, empathy, and the willingness to serve. Great leaders listen actively, adapt to change, and make decisions that reflect both courage and compassion. Dive in with me as I rally you through my “leadership journey”.

In 2023 during my second term in form 4 the papa by then approached me with the initiative and call for me to become his successor as the next PAPA. Now, I kid you not during this time I was dumbfounded in complete awe...but not later that's when the leadership instinct struck. As a leader, you have to raise to the stumbling block before you, and prove it wrong, so I prayed about it and I took it on standing as a light shepherd leader comforter and spiritual overseer to the whole school...

In 2024, I was elected as the president of the entrepreneurship club by my fellow entrepreneurs. As Tony Elumelu said in his address at Georgetown University, entrepreneurship isn't a solo achievement; it 'creates ripples and waves of economic transformation across the continent' by empowering individuals, driving innovation, and addressing societal challenges.

As Verona high school, we are about harnessing creativity, taking calculated risks, and embracing failure as we grow business men that will heat the global market shares at large.

During the course of the same year, I was elected by the school fraternity as the head prefect to evoke change, speak for the speechless, and enhance a holistic environment to education in the school at large...my time as head prefect has been enchanted with numerous achievements and milestones cultivating peaceful endeavors as we set the school standard higher than never before. Being a leader is everything one could ever hope for because it gives you avenues of life you cannot ever comprehend with being just a normal personnel.



Prefectorial Body 2023/2024





Kinalwa George Trust
Head Prefect



Ssenoga Arnold
Head Boy



Nalwadda Rahima
Head Girl



Luyiga Valeria Nannono
Chief Judge



Namukasa Doreen
General Duties



Nakimbugwe Esther Regina
Academic Prefect



Namugabe Sherina
Assistant Sanitary



Mukisa Shadraca
Assistant Information



Duke Richard Duku
Entertainment Prefect



Musaasizi Obedi
Games and Sports



Nabukenya Bushirah
Games and Sports



Manzi Kenneth
Head Monitor



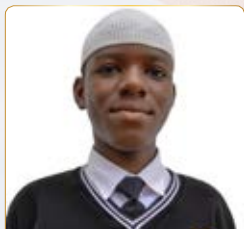
Kitiibwa Shalom
Hostel Girls



Nakandi Sauda
Information



Namatovu Aisha
Language Prefect



Lubega Ashraf
Liturgy - Moslems



Babirye Carol
Liturgy - Christians



Sserunjogi Ramathan
Mess Prefect



Ssebanyiga Eric
Mess Prefect



Wambuzi Grace Samuel
Politics



Ndagire Rebecca Faith
Speaker



Balinya Emron
Time Keeper



Ssekitooleko Ivan
Time Keeper



Akandinda Dallen
Sanitary Prefect



Nassali Maisharah
Assistant Academics



Mukisa Shadrack
Assistant Information

IMPORTANCE OF POLITICS IN SCHOOLS



Luyiga Valeria
Nannono

Chief Judge



The term politics is a linguistic word meaning leadership. This existed before the coming of the whites, however, most people mistake that whites are the ones who introduced politics in East Africa. This is not right because leadership was practiced by people who lived in the early periods known as “ancient periods”. This is so because they formed chiefdoms and Kingdoms as well.

However, this has been transformed into modern politics. Governments of modern countries have tried to improve and create awareness to the public. This has been made possible through introducing political education in secondary schools. They have embraced student’s leadership in order to implement political awareness in schools. Able students are given opportunity to stand up and contest for prefect ship where they submit their application letters to the Chair electoral commission in Schools.

This has enabled students to build their confidence, promote their talents especially those hoping to become future politicians since they are given opportunity to campaign when seeking votes from their fellow students, student leadership in schools has also enabled students to promote language proficiency especially English since they use English language when giving speeches.

Student’s leadership in schools has also promoted fame within school communities like a post of head boy, Head girl, and head prefect among others.

I conclude by encouraging students especially those interested in becoming future politicians to engage in school leadership so as to promote their careers.

I remain:

DUKE RICHARD
Entertainment Prefect

“JUSTICE UNVEILED”

As we profoundly present the Verona Times magazine, I am delighted to share with you the commitment, hard work, creativity, and the collective spirit of our student body. ‘justice unveiled’ is not merely a theme; it’s a reflection of the values that guide us in our academic journey.

In life you lose nothing when you’re humble, after being appointed to the post of a chief judge, I realized the being a leader is a gift from God and it’s not about being better than anyone else. It’s about having the trust of the teachers and students to organize and represent them whoever called upon.

To my fellow students, true leadership is not about power but about service. Lead by example, listen attentively, and inspire others to contribute their best. Uphold the values of integrity and justice, ensuring that every decision reflects the principle we hold dear.

Let us embrace challenges as opportunities for growth, and let your actions resonate with the spirit of unity. Together, let us create a school environment where every student feels heard, valued, and supported.

CLUBS @ VERONA

DEBATERS & WRITER'S CLUB



Our club, the students' sweetheart that focuses on enthusiastic students that are vastly interested in writing as well as debating. Having a great cabinet that is groomed for creativity led by an eloquent and intelligent President Manzi Kenneth has extended the club's Vision and objectives to all its members and other students at large.

The club engages in writing the best pieces of narratives, Poetry and drama skits, public speaking and mastering the art of English language. This is ever unveiled at the assemblies, school celebrations and in theatres once in a while. "As the slogan states "Empowering voices", we walk the talk making it prominent among all at VERONA. We have been blessed with the tremendous support from the administration in terms finance and advice holding firm the club's existence.

Writing and public speaking are skills acquired through the club and this has contributed greatly to our students' performance and attitude towards education.

I encourage everyone out there to invest time in reading, writing and public speaking because they are to embrace not harass.

TR. RUTH NAKASOZI
Eng/Lit/ GP
PATRON

THE DEBATING EXPERIENCE, A JOURNEY OF GROWTH AND DISCOVERY

Debating is more than just an extra co-curricular activity; it's a platform for individuals to improve their critical thinking, public speaking and argumentative skills. Through debating, participants engage in respectful discussions exploring various topics and perspectives.



This experience fosters confidence, creativity and analytical thinking, empowering individuals to articulate their thoughts effectively and navigate complex issues. It enhances critical thinking through encouraging individuals to analyze information, evaluate evidence and construct well-reasoned arguments.

Research and information literacy, debating involves in depth research, helping participants understand various topics and perspectives fully basing on an individual point of view.

Debating can be transformative experience helping individuals develop essential life skills. It encourages empathy, open mindedness and respect for differing opinions. By engaging in debates, participants can refine the problem –solving abilities, think creatively and become more effective communicators.

The debating experience offers a unique opportunity for personal growth, skill development and intellectual exploration, whether you are a seasoned debater or just starting out this journey can be incredibly rewarding shaping you into a more confident, analytical and articulate individual.

BY MUKISA AARON S.3 WEST

LANGUAGE FOCUS

English as Uganda's official language is not a topic to mess with. It needs confidence when speaking and also smartness. Individuals who don't use English well, are known as "mbogolians" and they use "mbogo language" as their trending language. Having it in mind that it is the right language yet they are shaming themselves.

It becomes more a shaming when they visit other schools and use the mbogo language, thinking it is the right one. These words include;

- ▶ KADAZA ▶ KIDASOLO
- ▶ SHUTTER
- ▶ RAA ▶ MBAWO

This is where the writers and debaters club comes in to fix the language problems within learners who use improper English. The writers and debaters club boosts the language of students, self-esteem and confidence. Since when someone is confident and smart, he/she is able to speak fluent English in public.

**BY: MANZI KENNETH S3 WEST AND
NAKAZZI SHAKIRA S3 WEST**



LE'GION DE MARIE

The Legion of Mary is more than just a club, it's a sacred mission of love, service and faith as members of this apostolic organization we are called to imitate the humility, devotion and obedience of our blessed mother Mary while bringing Christ to others through our words and actions.



It reminds us that faith is a journey not a destination that must be mirrored in our daily life through our weekly meetings, spiritual formation and sanctifying ourselves through prayers, sacraments and apostolic work in union with our lady under the ecclesiastical guidance. As a master piece of God's creation, she said yes without hesitation becoming a beautiful shortcut to holiness and through her example, we are inspired to say yes to the opportunities God gives us to serve, offering a way of finding purpose and peace amidst life's storm.

As Legionaries we are also committed to growing in personal holiness, this means setting aside time for prayer, attending regular mass and seeking the guidance of the holy spirit in all we do, may our hearts remain always open to prompting the holy spirit and we pray to continue guiding us as we sustain with our journey of faith.

**BABIRYE CAROLINE
PRESIDENT**





ZUULA AMAANYI G'OBUMU: NKOBAZAMBOGO

Abayizi basanga okusoomozebwa okutali kumu mu bulamu bw'essomero gamba nga okusosolebwa bannaabwe, abamu bava ewaka nga tebalinna bikozezebwa ko n'okukalubizibwa mukusoma n'obulamu obulala bwe bayitamu okuva ewaka waabwe oba gyebabeera. Kyamugaso nnyo omuyizi okubeera omukalabakalaba, omuyiia n'ekimuteerawo n'omwagaanya okusisinkana abantu ab'enjawulo abasobola okumuyamba mu buzibu buno ate ab'omugaso n'okumwerulira ekkubo eriyinza okumutuusa ku bantu abalala ab'omugaso nga emisomo giwedde era wano ekibiina kya Nkobazambogo wekisimbye amakanda.

Ekibiina kino kyongerera amaanyi mu bayizi nga tuyita mukutesaganya, okuwabuligana, okuzuula obusobozi bwaffe ebintu ebiyinza okuba nga byabusiddwa amaaso abasomesa nga basomesa mu bibiina n'okukwataganira awamu ne bannaffe abaganda n'abatali.

Nkobazambogo eyaniriza buli muntu okumanya n'okutegeera obuwangwa bwe obwa muweebwa katonda bwe yali atonda ensi eno. Omuyizi ategedde obuwangwa bwe takalubizibwa ku wangula nsi eno kubanga akola nga wampisa, amanyi okukola emirimu, ayagaliza banne ate ekisingira ddala nga ayagala nnyo ensi ye.

Ekibiina kya Nkobazambogo tekiri kussomero lya Verona lyokka wabula mu Yuganda yonna era nga kino kituusa omwagaanya okulambula n'okukyalira nga kubannaffe mu matendekero ag'enjawulo gye tukubaganyiza ebirowoozo ku bintu ebitali bimu. Twebaza abaandikawo

ekibiina kya Nkobazambogo mu ssomero lya Verona High School n'obukulembeze obwasooka ekituwadde omukisa naffe okukyeyagaliramu. Era twebaza omutandisi w'essomero lya Verona High School munnankobazambogo Kayingo ataakoma kukutuwa mwaganya kweyagalira mubuwangwa bwaffe mu ssomero lino wabula n'okutwa nga obuwanguzi mubudde bwonna wetuba tubwetaagira.

Twebaza abazadde abatulabirira n'okutuwa ebyetaago.

Twebaza abakulembeze mu bwakabaka bwa buganda naye okusingira ddala twebaza nnyo maaso moogi eyalengerera ewala omulembe nagukwaasa ffe abavubuka.

**“KATONDA NE BUGANDA
OMWOYO GUMU LABA OMWOYO GWA
BUGANDA OGUTAFFA”**

**SSEMBATYA TONNY KIGANDA F.6
SSENTEBE**



BULUNGI BWANSI

Eno y'enkola y'abannansi okwegatta ne bakola emirimu egigasa abantu bonna. Bitono nnyo ebimanyiddwa ku nkola eno nga bwe yatandika.

Ekisinga okumanyibwa kye kino nti omwami yenna Kabaka gwe yawanga obwami yamuwanga ηηoma gye yakubanga okukunga abantu mu kitundu kye bajje abawe ebiragiro ebiva ku mbuga esinga obukulu. Omutuuze yenna bwe yawuliranga “Ssagala agalamidde? Evuga yayambaliranga ku mabega ng'enswa okwyna ewa mukama we.



Waliwo emirimu mingi egikolebwa olw'obulungi bwa bonna okulima amakubo agayitibwangamu, okutwala ebiragiro bya Kabaka n'okuyitamu okugenda okukima embuga.

Amakubo ga mwasanjala ne kyamuwangaza mamalala agawansi gaatekwawo mu nkola eyo n'okugalima. Amakubo agamukyaalo kye gaava gakazibwako erya “Bulungi Bwansi”. Enzizi zaagogolwanga n'amakubo agazituukato ne galimibwa.

Obutonde bw'ononese nnyo era kyefaaga okulwanyisa abalabe b'obutonde mu ngeri ya “Bulungi bwansi” mukoka asimye abinnya n'enkokoto mu makubo, mu bikuute bye nte, mu nguudo oba pasipalamu, okutema embibiro n'okusimba emiti mu kulwanyisa mukoka akulugussa ettaka n'alitwala ebunaayira.

Waayisibwamu ettaka eriziyiza okutema ebibira ebitali bimu naddala okwetoolola ennyanja “Nalubaale”. Eky'ennaku ebibira bitemeddwa biri kimpi kusaanawo.

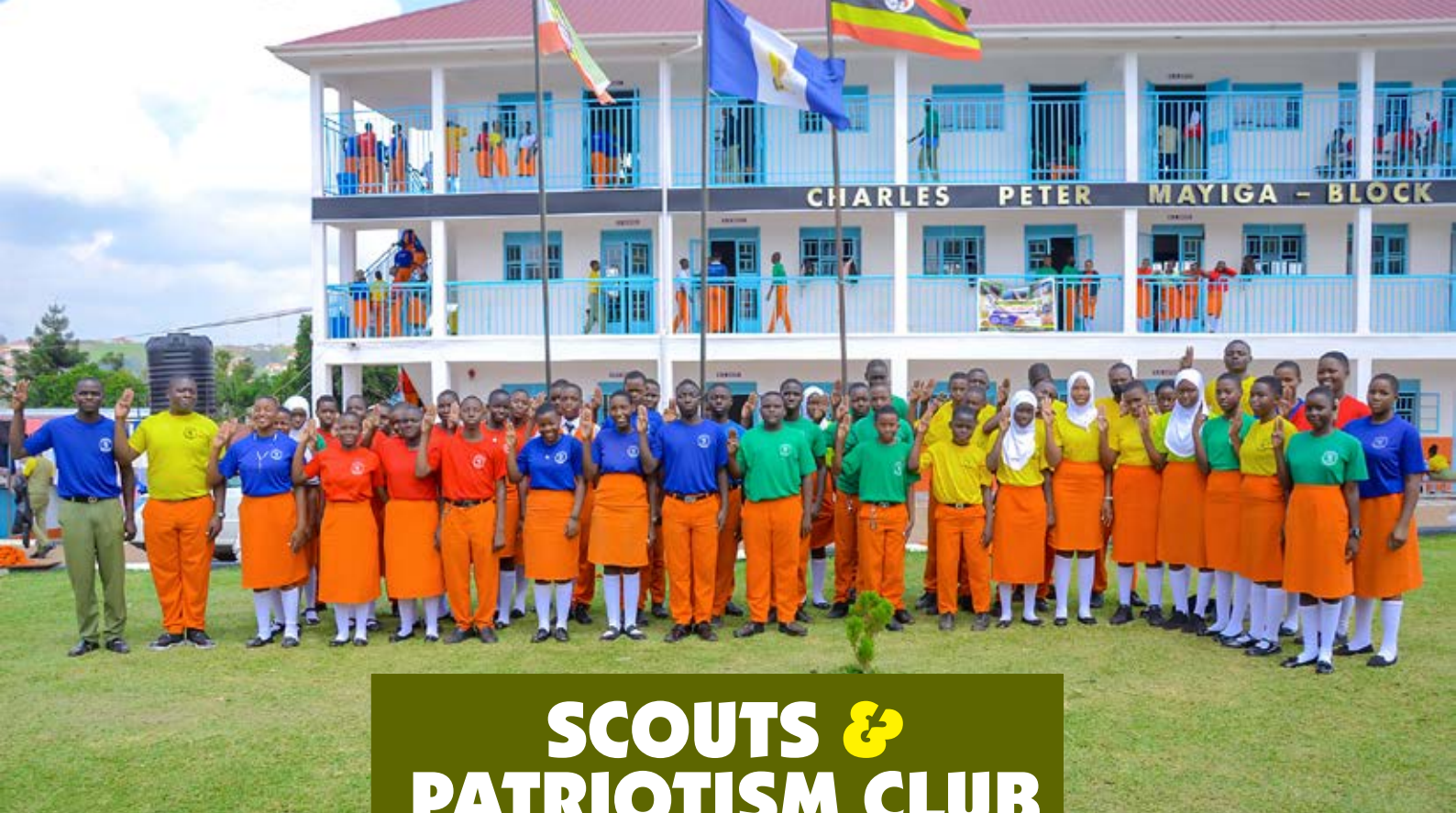
Nga tuyita mu Bulungi bwansi tusaana okusiimba ebibira okusiya ensi yaffe okusaana n'okufuuka eddungu n'okwetegekera wetuliggya embawo, emiti gy'okuzimbisa n'enku ez'okufumbisa mu biseera eby'omu maaso. Emiti nga emivule, emisambya, gacia n'emirala.

Mu kawefube aw'okuzaawo ebulungi bwansi (obutonde bwansi), abayizi, abasirikale, abatuuze, ebibiina by'enjawulo, gavementi tusimbe emiti egy'ejawulo okusobola okuzza embeera mu nteeko nga tukola nga Ssabasajja Ronald Mwenda Mutebi bwakola nga asiimye okulabikako eri obuganda. (asimba omuti wakuηηanira) mwenna muyitibwa okukolaganira awamu.

“SSABASAJJA MAGULU NNYONDO AWANGAALE”

Bya **Mulangira Kayemba Edward Ndawula.**





SCOUTS & PATRIOTISM CLUB

SCOUTS club was formed in 2023 by Lutwama Jonathan as the founder on 17th March 2023 with 20 members. Its aims and objectives are to promote patriotic feelings of the students, to promote unity among the students besides of the classes and levels, to train student's practical skills like lifesaving skills, rescuing skills, to teach students social behaviors like helping the vulnerable people etc.

WHO IS A SCOUT?

A scout is a person who searches for talented individuals to recruit or sign.

OR A scout is a person who searches for something whether talent, fun, information, location and army.

SCOUTS IN FULL.

S- Smart
C- Courageous / Confidence
O- Obedient
U- United
T- Trustworthy
S- Serve

SCOUTS MOTTO.

Be Prepared

SCOUTS PROMISE.

On my honor,
I promise that,
I will do my best,
To do my duty,
To God and my country,
And to help other people
at all times,
And to obey the scout law.

ACTIVITIES DONE BY THE CLUB.

Outdoor activities include; camping and hiking, pioneering, water activities, orienteering, skill-based activities include; first aid, fire safety, knots and lashing,

cooking, community activities include; community service, good turn, fund raising and other activities include; parade and flag ceremonies, games and challenges, leadership development and camporees

DUTIES OF A SCOUT.

To serve other people at all times
To obey others
To act as an example to others



IMPORTANCE OF SCOUTING IN OUR SCHOOL.

- It helps to teach students patriotic feelings towards their country.
- It helps to promote unity among students in the school besides of the level/ class.
- It helps to teach students practical skills such as lifesaving skills, survival skills etc.
- It helps to promote entertainment such as singing, dancing, fun and talent.
- It helps one to be creative in many things using available resources.
- It is a source of employment to students such as army.
- It helps one to gain leadership skills.

BY LUTWAMA JONATHAN, S.6 ARTS
SCOUTS TROOP LEADER (2025-2026)



SCRIPTURE UNION



PURITY

Purity is a concept that spans diverse fields—from moral philosophy and religion to science and aesthetics. It is often associated with cleanliness, innocence, simplicity, or being untainted. Yet, depending on the context, the interpretation of purity can vary widely.

Across religious traditions, purity is a central theme. It often denotes a state of spiritual cleanliness and readiness to engage with the divine.

In Christianity, purity may refer to sexual chastity, moral righteousness, and sanctification. It's ideal that our GEN Z generation yields to the need and urgency to maintain spiritual purity keeping in mind that our bodies are temples of the Lord there as treating them with ultimate respect and integrity. My adorable readers, I beseech you all to maintain absolute purity as a vital norm to keep at the back of our minds...

By the PAPA SCRIPTURE UNION
MUGANZI GEORGE TRUST KINALWA F6

The scripture union club is not just a club but an esteemed community of young Christian devotees untamed to seek know and serve the Almighty God in truth and in faith. With Revelations 1:8, which highlights God's eternal nature that exists in the past, present and future. It identifies him as "the Almighty" declaring His supreme power and authority over all.



By meditating through this verse, we are able to navigate this rapidly dynamic world that may not comprehend our faith, where it is quite unavoidable to deal with the pressures of media and contrasting traditional as well as religious structures. We amplify spiritual growth through appreciating God's unchanging nature, His sovereignty and His plan for everything. We understand that we are part of a divine framework bigger than our selves. Therefore we are beseeched to strengthening our faith with God as disciples.

By: ARINDA SHANITAH NTARE AND
NAYIGA RONAH

INTERACT CLUB



Rotary
Club of Mutundwe





LUMUMBA House

PATRICE LUMUMBA

Patrice Emery Lumumba was a Congolese politician and independence leader who served as the first Prime Minister of the independent Democratic Republic of Congo from June until September 1960

He was born on July 2, 1925, Katakombé, Democratic Republic of Congo and assassinated on January 17, 1961, at Lubumbashi, Democratic Republic of Congo. He is greatly remembered and one of his favorite Quotes; "You don't respond to a mosquito bite with a hammer."



The
VERONA
TIMES MAGAZINE
2025



NKRUMAH House

KWAME NKURMAH

Kwame Nkrumah PC was a Ghanaian politician and revolutionary. He was the first prime minister and president of Ghana having led it to independence from Britain in 1957. He was born in September, 1909 at Nkroful, Gold Coast now Ghana. He died on April 27, 1972 at Bucharest Romania. He is remembered for his vision of a united Africa.

At VERONA, the mighty Nkrumah house has won the BULL in MDD competitions 2025 after replacing Nyerere that had one for the past three consecutive Years.

In sports competitions, Lumumba are the Current Sports champions 2025 and they were also awarded with a BULL. Big up to all the house patrons and participants for the spirited performances during talent development.

THE CHAMPIONS 2025



MANDELA House

NELSON MANDELA

Nelson Rolihlahla Mandela was a South African anti-Apartheid revolutionary, political leader and philanthropist, who served as president of South African from 1994 to 1999. He died on December 5, 2013 at Houghton Estate, Johannesburg, South Africa.

He was named Madiba, a title of respect for Nelson Mandela, deriving from his Xhosa clan name. "As a friend, Madiba was to people one-on-one the same way he was as a leader to his adversaries who he put in government."



The
VERONA
TIMES MAGAZINE
2025



NYERERE House

JULIUS KAMBARAGE NYERERE

Julius Kambarage Nyerere was born on April 13th 1922, he was a prominent Tanzanian politician, anti-colonial activist, and political theorist. He served as the first Prime Minister of Tanganyika (1961-1962) and the first President of both Tanganyika (1962-1964) and later the unified nation of Tanzania (1964-1985). He founded the Tanganyika African National Union (TANU) in 1954.

Nyerere was a proponent of African nationalism and socialism, advocating for the Ujamaa philosophy, which emphasized self-reliance, community, and socialist principles.

VERONA INTER-HOUSE

Competitions



SCHOOL MOTTO: VENI VIDI VICI

MDD *Competitions*



VERONA

HIGH SCHOOL

SPORTS



Competitions

INTER-CLASS & INTER-HOUSE



2026 Bugatti Tourbillon

Body style: Coupé (two-door)
Segment: Luxury
Infotainment: Apple CarPlay ,
Android Auto

Production years: 2024



Creating a worthy successor for the highly-acclaimed Bugatti Chiron was challenging for the French brand owned partly by the Croatian car manufacturer Rimac and Porsche A.G.

Even though the Chiron was still on top of its game with the 1,500 PS (1,479 hp) W16 quad-turbocharged engine, the hypercar started to show its wrinkles. It had to be changed, but there were some financial difficulties that prevented Bugatti from replacing it. However, Bugatti was back on track after merging the French brand with the Croatian car manufacturer and handing over the keys to the empire to Mate Rimac. Even though Rimac was known for its record-breaking electric hypercar Nevera, the Tourbillon still used a gasoline-powered monster engine behind the cabin, which was helped by electric motors to achieve an even higher level of performance than any of the previous Bugattis ever built. The Tourbillon name was inspired by the Swiss watchmaker Breguet, who patented a unique mechanical system that enhanced wristwatch accuracy. Furthermore, the legacy of this highprecision mechanism was echoed in some of the hypercar's details.

Bugatti said that the 2026 Tourbillon, unveiled in June 2024, was sculptured by the wind. Even though that statement was previously used for other vehicles, it was entirely true. By using a high-speed wind tunnel, the car manufacturer created a lowslung front area with integrated wide LED headlights. Between them, the Tourbillon featured the brand's trademark grille shaped like a horseshoe, which was flanked on the lower side by broad functional air intakes split into two sides. A creased line that started on the vehicle's short nose resembled the one Bugatti put on the 1957 Type 57 Aerolithe model.

With a profile that resembled the Chiron and featuring C-shaped lines that concealed the massive side air intakes, the 2024 Bugatti Tourbillon looked ready to overtake its predecessor, the Chiron. On the front fenders, the automaker integrated the French flag on a smaller badge behind the wheel arches, while the side sills had a few functional vents. The car's muscular rear fenders were shaped like shoulders and confirmed the performance the Tourbillon was capable of. But the passion for details didn't stop there, and the automaker continued the creased line from the vehicle's nose on the roof and all the way to the back, between the cylinders' banks. Finally,

EDITORIAL



PARENTING IS HARD THAN HAVING CHILDREN

Dear my fellow parents, I would like to use the opportunity of this edition of the Lantern to remind ourselves of what a parent's role is.

Friends, parenthood is more of a social responsibility than a biological one i.e. if you did good to an African, one would say to you that, "Onzadde," literally meaning, you have saved me, you have become my parent.

All religions and cultures have a clear view of the social responsibility of a parent. Parents should be social workers in homes and families. All acceptable traditional and religious practices have it that being a father is much more than a man making women / woman pregnancy and for a mother is much more than a woman delivering babies in the labour ward. In fact, giving birth is much easier than parenting - giving birth is a moment in life, it can pass and be forgotten. However, on the contrary parenting is an everyday, life-long activity and it's done with or without intention. All God's living creatures succeed on the biological roles giving birth - reproducing i.e.; for women / females give birth to their young ones, for men / males make females pregnant, parents do their best to feed their young ones, in case of sickness, parents provide medication / treatment. I may not complete the whole list of the basic needs of children that ordinary parents have to fulfill. On visitation days, as I pass by, I hear these needs dominating the conversations of parents with children and I rarely hear conversations concerning social needs or high order needs of life which matter most. These include; Humility, Patience, Endurance, Resilience, Trustworthy, being social, foregoing some things in life for the good of others and for your own self etc.....

It's very good to satisfy the child's immediate gratification but the parents' role is not limited to this only. There are things which appear unpleasant to the child but in actual sense, they are very important for the child's development in stature.

For example; if a child is in wrong a parent needs to rebuke the child, a parent withhold or withdraw some favours or some supplies as a way of showing the child that in life things are not got easily, let the child be given some tasks at home and let the child complete those tasks on time, let the tasks be genuinely up to the age and ability of the child.

Parents should desist from, paying their children for having completed the tasks given but still you should appreciate them verbally or by giving a simple reward, let other responsible members of the community and the family take charge of your children because they can see what you do not see and know what you do not know in your children's life. In case of a conflict between your children other people let them know that they are responsible for that occurrence but as a parent separately investigate further the whole situation and find ways of preventing it to re-occur in the same way.

Let me end by encouraging you to continue doing the right things our parents did to us that made us good parents that now we are parenting others.

The Baganda say, "Omwana mbuzi, erundwa na mumwa." If you say, "Nze nakoowa!", you will have lost the battle of parenting and you will have lost your children.

EDITORIAL

LIFE HACKS

Have you ever felt you could improve your life style? Imagine you are an Olympic athlete analyzing your training and performance, looking for ways to improve everything by a small amount, better shoes, more effective training, and stronger muscles. The end result is a combination of lots of mini improvements or hacks that help you stay ahead. Would you like to become a champion, here's how?

First things first. Don't wake up in the last minute and rush out of the house. Get up ten minutes earlier. Use the time to plan and decide on your main aim for the day. Feel relaxed and prepared when you open the front door.

During the day, take five minutes off. No distractions. Turn off your phone. Don't talk to anyone and don't look at any texts or messages. Just let your mind relax. When you get back to your desk, you will be ready for the next big challenge.

When you get home, don't just hit up noodles and watch television. Cook something you never cooked before. Read something rather than watching television watch a telegram or YouTube video and learn a language or find out how to fix your bike. Go to bed early, tired and happy knowing you have made the best of your day and improve your life style.

BY: NAKIMBUGWE ESTHER REGINAH S4
ACADEMIC PREFECT, PRESIDENT AMAZON I.



THE UNSUNG HEROES (TRIBUTE TO THE WORLD'S BEST DADS)

Fathers: the original super heroes, unsung heroes, and sometimes, the grumpiest guys in the room. But let's be real behind that tough exterior lies a heart of a gold, a deep affection, and an unwavering commitment to guiding their children through life's ups and downs.

A father's love is like a boomerang-it may not always come back in the way you expect, but it's always there, even if it's just a subtle not a gruff "I love you kiddo".

It's the late-night talks, the early morning wake-up calls, and the endless supply of advice (whether you ask or not). It's the sacrifices they make, the lessons they teach, and the memories they create.



But let's not forget, fathers are not always the most expensive bunch. They may not always say 'I love you' out loud, but their actions speak louder than words. They are the ones who work tirelessly to provide for their families, who attend every school event, who offer a shoulder to cry on when needed.

So here to all fathers out there the cool ones, the grumpy ones, and everyone in between. May your love be unwavering, your patience be endless, and your sense of humor be always on point. And to all the kids out there, remember: your dad may not always show it, but he's always got your

BY: JUAN FIONA S.6 ARTS AND ANNY LOYIK S.5 SCIENCES
INTERACT CLUB)

ACADEMIC DAD

Parents are gifts to children from the lord. But it doesn't mean that your parents must only be biological. There elders you meet as your growing up and the indeed inspire you to be like them.



Interestingly, my journey, I met a dad who inspired me a lot. I call him an academic dada for the support he has rendered in academics and making me who I am today. He is a dad of THE MIGHTY VERONA, a role model to many, a hero to me and treasure I met in my life. I have nothing to give him at the moment as a way of thanking him, but may the lord continue blessing and brightening his life.

VIVA THE ACADEMIC DAD MR KABANDA IGNATIUS.

By Nankinga Jaulat Ahmeds S4
Speaker Amazon I

WHISPERS OF VERONA

Have you ever wondered how life at Verona High School is? Well, don't blink any of your eyes. But just keep abreast about the life like of the mighty Verona students. Now the time has come for you to acquire skills as you enjoy secondary life.



Firstly, take a breath, imagine the head teacher of your school giving you money just because of being a smart, obedient or an intelligent student. Oh! Don't be frightened because this is what Mr. Kabanda Ignatius does exactly.

Promotion of student's talents through sports and Music Dance and Drama are already in existence. Participants getting prizes and certificates every now and then. The winning house walking away with a bull that is as fat as an elephant. Students being as happy as a King when they get to see unique artists each year.

Nevertheless, "Never judge a book by its cover." I say this because at first I thought I was going to burning hell yet I don't know that I was on my road to heaven, eating chicken and rice, meat and matooke almost every day, it's as if am at home. Oh God! Is this what other students really enjoy at their schools?

Since "If I knew" is a saying for fools, style up and run as fast as a cheetah to visit and experience the curious and fabulous moments at every child's dream school.

From Nakyazze Rhoda Hope
S2 West

THE MIGHTY HOME

It is undeniable that east or west home is the best, but there is this fraternity you join and you feel home. In a related vein, allow to extol a fraternity I joined and it became my second home

Ever since I joined the mighty Verona, I have only got the best of all. Without dillydallying, its culture that is SDA. Not a religion but smartness, discipline and academics, it became an answer to my education and carrier worries. Its nurturing, staff is overwhelmingly lovely and caring just like our parents, the comforting environment and lovely atmosphere, delicacies when it comes to feeding, the togetherness culture that make us forget home! Indeed, in a decade it has transformed many and am among them.

VIVA the Mighty Verona.
BY BISASO KEVIN

from whom I am imitating my leadership skills from. And through him, I have been an exemplary Speaker for the year 2024-2025 therefore, Besides this, the school has promoted me in my born talent of sports. The blood flowing through my veins with the high components of netball as a game has now shed in this school getting an opportunity to play for the school and now a professional because of Verona's efforts.

I am grateful to the school for building my confidence. I am so proud of my school as I see it getting better from how I met it and therefore thankful to the Almighty God for all of Verona's achievements.

NDAGIRE REBECCA FAITH S6
(Speaker)



JOURNEY

It seems like yesterday that I joined the school, time moves so fast that I have not realized it moves so fast since I met a lovely environment in Mutundwe. The world is so big but the prevailing winding blowing towards me, carried me to Verona High School. When I joined, I met beautiful teachers who encouraged me to study hard and now it is eight years and I am leaving. I am so grateful to our Daddy and Papa Mr. Kabanda Ignatius

THE PILLAR OF EXCELLENCE,

MR KABANDA'S LEGACY AT VERONA HIGH

In the vibrant and bustling staffroom at Verona high, Teachers are deeply engaged in various tasks, some are poring over textbooks, and others are absorbed in work on their laptops.

Amidst this flurry of activity, Mr. Kabanda Ignatius is offering personalized guidance and support to the Institution, this is so because he is the director of the school and also a Father to many.



This is a time when Verona High strives to become one of the top 5 institutions in the country, he is always instrumental to this ambitious vision, and also known for his meticulous school planning and unwavering commitment to high quality education.

At only 10 years, Verona High is observed to be among the top 10 institutions in wakiso as it grooms students both morally and academically. The infrastructure at Verona High is all due to the hard work of Mr. Kabanda.

Mr. Kabanda embodies the dedication and innovation that propel Verona High school pursuit of excellence.

By **NAMASERUKA FLAVIA. S.3 WEST**

FAILURE

I would like to talk about failure and how to deal with it. Failure is part of life but its not something to fear, its something to embrace, its hoe we grow, learn and become the best version of ourselves. There

is someone who kept trekking even though he failed. That is Nelson Mandela, he was exiled but he never gave up, he got on his two feet and looked for his way to success by becoming a very good leader.

Here is the most important thing. Failure is not about falling down. Its about getting back up, every time you fail, you become stronger and wiser, you learn what works and what doesn't, and that knowledge will always help you do better. So, don't be afraid to fail be afraid of not trying at all.

By **KUKUNDAKWE CONSOLATE (S.2 WEST)**



SCHOOL LIFE HACKS

Have you ever felt like you could improve on your lifestyles at school? Imagine engaging in activities like Music Dance and Drama and Sports while being stable in academics.

Well, analyzing your training and performance, concentration and perfect results is through simple life hacks. In order to achieve success and become a champion, life hacks should be involved in your daily life. In this case, look on further because these are some of life hacks involved in school life.

First things first, always plan for your day before going to sleep and also set up alarms. Don't get up at the last minute because it is said an early bird catches the worm. This makes you prepared when you open the front door.

During the day, pay attention while performing a certain activity, follow up your time table perfectly and balance your strategies because "All is well that goes well," but mostly value time because time wasted is never recovered.



Remember, all these activities depend on each other, when performing MDD and sports, you build up confidence, and self-esteem used in education circumstances for example presentations. Though education is the main target for your success in future.

All in all, as the saying goes, "an idol mind is a devil's workshop," do not be like an improved person but be an eminent person instead who will impact positively to the people and society.

By **AINEMBABAZI JOYCE S2 WEST.**



WORDS OF WISDOM

- ▶ Sorrow is better than laughter, it may sadden your face but sharpens your mind.
- ▶ You may be wise but if you cheat someone, you're acting like a fool.
- ▶ The end of anything is better than its beginning.
- ▶ To love someone who doesn't love you, is like shaking a tree to make dew drops fall.
- ▶ An intelligent enemy is better than a stupid friend.
- ▶ Someone who is always thinking about happiness is a fool, a wise person thinks about death.
- ▶ It is better to go to a home where there is mourning than one where there is a party because the living should always remind themselves that death is waiting for us.
- ▶ A good reputation is better than an expensive perfume and the day you die is better than the day you were born.
- ▶ Wisdom does more for a person than ten rulers can do for a city.
- ▶ Don't pay attention to everything people say, you may hear your servant insulting you.
- ▶ No matter how long the night, the day is assured to come.
- ▶ When you are rich you are hated, when you are poor you are despised.
- ▶ He who marries beauty marries trouble and money is sharper than a sword.

Editorial

4 PSYCHOLOGY TRICKS

If someone insults you, pause for a second, look at him and say "are you okay"

If you think someone is lying, look at their eyes and don't say anything

If you're in an argument, keep your voice calm, it'll give them an impression that you're winning the argument.

Good posture increases confidence, spread your body out and take up more space, it'll lead to increased confidence.

Your eyes dilate when talking to a person you love

NATUNKUNDA DANIELLA S3 W



TEACHERS

T – Time you spend

E – Energy you put into the job

A – Academic excellence

C – Cheerful attitude

H – Helping hand

E – Encouragement you give

R – Responsibility and respect you lead makes us be

S – So proud of you people

BY: LUMANYIKA EVANS

WAYS TO LIVE A SIMPLE LIFE

1. Become aware of what's most important to you
2. Invest your time in meaningful things
3. Give your energy to things that actually matter
4. Differentiate facts from hypothesis
5. Leave space to do nothing
6. Practice gratitude for every little blessing.

B: Nabulya Evelyne S6 Science

POETRY

THE CALL TO SERVE

It's an undefined passion that we have to instill knowledge and skills Into the men and women of tomorrow. We go though undefined "behind the senses" Before we present ourselves to the learners. Sometimes it goes beyond university trainings of Do this!

Do that! or Do not do this! Do not do that to what a learner really wants, needs to be successful. We work aim at baking a whole child where the head, heart and hands are touched.

There is that prodigious art in being a teacher keeping that smile even if things are not all well, our debt is priceless but at least we find comfort in our working environments plus the learners we meet.

"What it is, to be a teacher and impact one's future!"

**Teaching staff
Verona High School**

TO MY MOTHER

Whenever I close my eyes
Your picture floods my mind
And I wonder how happy
I would be with you
Next to my side

Your soothing hands that
Lulled me to sleep
With your sweet voice
Dancing in my ears
All ceased when you departed

Now that you are no more
I will live to fight another day
But promise me that you will
Return soon because
I MISS YOU MUM

BY: NANDAWULA MARION SHARIFA S4

TO OUR MOTHER

How gorgeous,
Mother, you are a special gift from God.
Through the wings, hardships
In addition, storms of the earth,
Just like fresh, beautiful and scented flowers.
You leave illuminating vessels to us.
You lost your beautiful colours
Such that our lives can be fruitful
Your face so bright like an old moon,
In enduring the tantrums of this world.

How gorgeous,
Them that sung us lullabies
Left their meals unfinished
God bless our mothers!
Every other day,
To attend to us.

Editorial

MY SOUL PRAISES

Granting you the world
Would be the best only if I would
Treasuring the moment spent
Together, the warmth you
Shower me in cool and dark
Time reflecting the gushing love

My heart praises too
Of the treasures you are more
than worth
Your sweet melodies to my ears day by day
Seeing your warm smile, etches
My heart and draws closer to you driving my success
Surely, forever you will own a place in my heart.

BY KAMALA TRACY PRIVA S.3E



MY LOVE

I need you because
You are a million memories of
love
Laughter and happiness
You are part of my yesterday,
filled
With joys and sorrows
Ups and downs
And all in all you are still with me.

You are a thoughtful word or gesture
When my spirits need lifting
A hug when I am feeling low
Acceptance when I just need to be myself
You are part of each success I attain
Each mile stone I accomplish.

Because you are my encouragement and inspiration
As I think of all that lies ahead
I know that I will always be able to face all the tough
times.
Because you are my strength sweetheart
A wise woman avoids drama, she knows her time is
precious;
she doesn't waste her time on trivial things.

BY KITHIBWA SHALOM S4



JUST A REMINDER

If a jackal bothers you show it an elephant.
If an elephant bothers you show it a hyena.
If a hyena bothers you show it a lion.
If a lion bothers you show it a hunter.
If a hunter bothers you show him a snake.
If a snake bothers you show it a stick.
If a stick bothers you show it fire.
If fire bothers you show it a river.
If a river bothers you show it wind.
If wind bothers you show it GOD.

Compiled by:
CALVARY VICTOR aka TUPAC
S.5 SCIENCES

CLASS PHOTOS



S1E



S1W



S2E



S2W



S3E



S3W



**S4
Boys**



**S4
Girls**

CLASS PHOTOS



S5 ARTS



S5 SCIENCE



S6



Some of the moslem students



Hands on learning



Intenational Community



Conduive learning environment



ICT Laboratory

MY WORLD

All I wanted is to have home
not a house,
A mother not a guardian, but
all is impossible
I weep every morning, not
because I lost someone
But because I miss someone.
I have always wished to feel at home but all in vein
Am always over whelmed ennui and to cope with the
situation I look for people who are always whimsy, get
thrilled for a moment
And then get back to my world again.
My world is full of thoughts, silence stationarity and
loneliness
People come to my world and try to change it
But I think my world was just designed for me and my
soul not anyone else.

BY KABAHINDA BRIXTON DAIZ S.3 EAST



RELIGION

LORD'S LOVE IN VERONA

In SGHS, the Lord is our shepherd
We have everything we need
He lets us rest in a paradise zone
Leads us to quiet pools of fresh water.
He gives us new strength
He guides us in the right paths
And He has promised. Even if we go
Through the deepest darkness, we
shall
Be afraid not of,
The Lord for you are with us
You prepare a banquet for us where
All our enemies can see us.
You welcome us as honoured guests
In SGHS, the Lord's goodness and love
Will still be with us all our life.

BY NAKITTO FLAVIA S4



GOD THE SUPREME KING!!

Sing a new song to the
LORD!
Sing to the LORD, and
praise Him!
Sing to the LORD, all the
world!



Sing to the LORD, and praise Him!
Proclaim every day the good news
That He has saved us.

Proclaim his glory to the nations,
His mighty deeds to all people.

The LORD is great and is to be highly praised;
He is to be honoured more than all the gods

The gods of all nations are only idols,
But the LORD created the heavens.

Glory and majesty surround him;
Power and beauty fill his temple.

Praise the LORD, all people on earth;
Praise his glory and might.
Praise the LORD'S glorious name;
Bring an offering and come into his temple.

Bow down before him, all the Holy
When He appears, tremble before him, all the
earth

Say to all the nations, "The LORD is king!
The earth is set firmly in place and cannot be
moved;
He will judge the people with justice."

Be glad, earth and sky!
Roar, sea and every creature in you;
Be glad, fields, and everything in you!

The trees in the woods will shout for joy.
He will rule the people of
The world with justice and fairness.

BY NALUGWA ANGELLA S1 WEST



THE HEAVENLY SUPERMARKET

As I walked along the Golden Street, I noticed a packet glittered with the light of Jesus. I then picked up three packets of peace, 3kgs of love and 2 bars of patience from the shelves.

Crossing to another shelf, I saw a packet labelled “B.O.J” i.e. Blood of Jesus with pure form. It washes whiter than brightness and removes all stains of hatred, jealousy and fornication.

Without a second thought, I picked it and dropped it into my bag. I also added a cake of salvation, four batches of fruits of the Holy Spirit, 3 sachets of humility topping it up with two “bwono” of love deodorants.

As I turned around, my elbow knocked a bottle which was labeled “Jesus Pimple Cream.” It removes depression, sadness and pimples. “Apply it and it will leave your face sparkling.”

A few steps on, I saw a tin on which was written “Nourishing Katogo Genius”. Its ingredients included 20% love, 50% Bible study, 20% fellowship and 10% prayer. And the inscription read “Made in Heaven by Jehovah industries opposite Holy Spirit Estate.” This made me excited when I asked for a bill from the attendant; the price for all the items bought had been paid already by Jesus at Calvary.

This was a big relief since I had less money with me. I was told to accept all I was given and minister it to others. I am glad to share with you this heavenly supermarket. Heaven is a city ruled by Kings, opposite paradise along the highway of holiness on the street of holiness. Next time you go shopping, ask for directions to the Heavenly Supermarket.

By Ampulira Naome S4

BEAUTY OF THE SOUL...

A soul is like a canvas, painted with vibrant hues of experiences, emotions and love. Its beauty lies not in physical appearance, but in the depth of kindness, compassion and resilience. A soul that’s nurtured with self-love, empathy and understanding radiates an inner light, illuminating the path for itself and others.

As it evolves, its beauty deepens, reflecting the richness of its journey. A beautiful soul is a master piece crafted with love, care and devotion, shining brightly for all to see. It’s a symphony of laughter, tears and whispers, harmonizing the beauty within. With every step, it grows stronger, more radiant and prettier, a testament to the power of human spirit.

Its beauty is contagious, spreading joy, hope and inspiration to all it touches. A soul that shines from within is a beacon of light in a world that often needs it. The soul, like a sunflower, turned towards the warmth of kindness, drinking in the nourishment of every compassionate glance, ever gentle path ahead, casting a warm glow on the faces of those one passes by. And though the world outside might see only her physical form, her soul shone bright, a beacon of hope in a world that often needed it.



**BY NASSALI MAISHARAH
(MISS. POPULARITY VHS @10)**



HOW A MATH TEENAGER WRITES A LOVE LETTER.

Yesterday I was passing through a rectangular length, I saw you with your cute, collar face and spherical eyes standing in your rectangular garden. Before seeing you, my heart was not set but won a sector of magnitude from your eyes differentiated. My love is a quadratic expression with real roots, which only you can solve by making a good binary base relation with me. My love expands to infinity.

I promise, I shouldn't have involved you into partial functions but I do so that you can antiquate by applying the limit from 2 infinite, you are essential to me as an element of a set, the geometry of my life revolves around your cute personality. When the sun is making 160 degrees, my heart will be like a solved polynomial of degree full with love from higher deviations of maxima and minima number of unknown functions, your ever-loving ratio is like quadratic deviation sub.

BY OYERA PATIANCE NUWERA
S2 EAST



My life motto

I don't care who is doing better than me, am not in a competition with anyone else, the only rival I have is the person I was yesterday, last year I was different, I have grown, I have learned and improved that's what truly matters, it's me versus me.



Every day, I wake up ready to push myself further, I challenge my limits striving to be the best version of myself. I won't let someone's success make me feel small coz their journey is theirs and mine is mine.

I know where I have come from and I know where am going, so I keep pushing forward not to be better than anyone else but to be better than I was, that's my purpose and when I look back one day I will know that every step, every struggle, every victory is mine alone, My growth, My journey. That's my Legacy

BY ATWIJUKIRE GORRETY
SIENOR TWO EAST

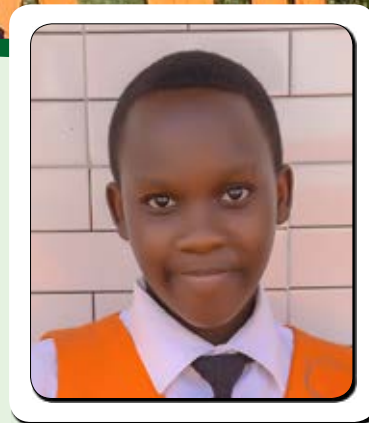
INDEPENDENCE DAY FOR SOUTH SUDAN COMMUNITY



ENVIRONMENT



ARINDA SHANITAH
NTARE S.6



GWOKYALYA
KAIRAH S2 WEST

ALAS MOTHER NATURE!!!

“We must begin thinking like a river if we are to leave a legacy of beauty and life for the future generations,” one great mind said. This was to call upon all of us to conserve our natural environment. Of late the word ‘endangered’ has become quite synonymous with the existing flora and fauna. Many animals that walked this majestic planet and the plants we caught glimpse of at every blink are now blurry. According to the United Nations report, over one million animal and plant species have gotten extinct in the past 250 years with many more threatening extinction mainly as a result of habitat loss, poaching for animals and climate change.

Among the threatened animals there is the Javan rhinos (about 1000 remaining), Yangtze porpoise and the most endangered of all the Vaquita porpoise (19 remaining). Hawaiian sandalwood and the Blue amaryllises (native to Brazil) are among the most endangered plant species.

We are therefore called upon to do something positive towards this before it is too late.

GEOGRAPHY CLASS

AMAZING SCENARIES

Dive into a world of wonders and adventure where marvelous and attractive sceneries exist, making every tourist curious. The world is blessed with beautiful features that are as countless as stars and also adventurous to the minds of many people. These create mind blowing views or sceneries. These sceneries not only make you excited but also capture you into relaxation. In Africa, wonderful places like the Sipi Falls and Murchison Falls are very stunning and unsurprisingly unbelievable. In the world, many become as happy as Kings when they get to witness bays for example the Halong Bay which harbors more than a thousand small Islands and Shark Bay in Australia where the red earth of Australia’s westernmost point meets the teal waters of the Indian Ocean.

Places like these don’t just make you feel pleased, but also enlighten your mind about facts that you have never known, that is to say, did you know Raja Ampat is a chain of some 1500 Islands off the western coast of west Papua in Indonesia?

Well, as the saying goes, “a journey of a thousand miles begins with one step” So, before touring the distant stunning places, start with the ones the nearer.

WESTERN *Tour*





HIV / AIDS

HIV/AIDS is a virus which gets into our body through various forms for example, sexual affairs or sharing sharp objects which an infected person has already used like; shavers' compasses, razorblades etc. Someone can pierce himself and also acquire it.

Today people think that if one has AIDS it's through sexual affairs like, having sex with an infected person. In which some fear to test in case they could have acquired it and mostly think of death. Everyone here will die (not worrying you) even Jesus died. When I was in primary, my teacher told me that AIDS kills. Yes, it does but there is medicine which prolongs your death.

How it is got:

AIDS, is got through sexual affairs but can also be acquired at birth. Many children have acquired AIDS by birth in which a mother may have it and so pass it on to her children. Some die at birth while survive by the help of medicine that pushes them on for some time. Some face many challenges like being stigmatized in which a girl is rejected by his or her friends due to having AIDS making them feel bad especially at school.

Advice:

Abstain from sex

Don't ignore those with HIV/AIDS

Don't share sharp objects

BY DALLEN MARTHA



FAINTING

Also called syncope

If you've ever fainted, you are not alone – at least one third of people faint sometimes in their lives.

Fainting is a temporary loss of consciousness. You lose muscle control at the same time and may fall down.

Most people recover quickly and completely. Fainting usually happens when your blood pressure drops suddenly, causing a decrease in blood flow to your brain. This is more common in older people.

Some causes of fainting include:

- ▶ Heat or dehydration
- ▶ Emotional distress
- ▶ Standing up too quickly
- ▶ Certain medicines
- ▶ Drop in blood sugar
- ▶ Heart problems etc.

Fainting is usually nothing to worry about, but it can sometimes be a sign of a serious problem. If you faint, it's important to see your health care provider and find out why it happened.

BY: MUGERE KEVIN F6

“TOO YOUNG TO FALL”



In recent times, our school has witnessed a troubling rise in boy-girl relationships- many of which have gone too far, too soon. While friendships are natural and can be healthy, turning them into intimate relationships at a young age often brings serious consequences. Teenage pregnancies have increased. Some students are battling sexually transmitted diseases (STDs) and academic

performance is steadily declining. We cannot afford to turn a blind eye while our future slips away.

Let's be clear- a school is a place to learn, grow and build our dreams, not to gamble with our health and education. These relationships may seem exciting at first, but they often lead to pain, regret and missed opportunities. To my fellow learners, you have the power to make wise decisions. Focus on your studies, surround yourself with people who inspire and uplift you.

If you are lost, over-whelmed/unsure, don't suffer in silence- talk to a teacher or counsellor or trusted friend. Your future is too valuable to throw away. Let's support one another, stay focused and choose the path that leads to success-not regret.

BY NAKISEKA NADIA S.3 WEST





SCIENCE & TECHNOLOGY

THE NEW WORLD ORDER

“The most important thing we learn at school is the fact that the most important things can’t be learned at school”

The world of education has truly experienced a shift in the trends since the pandemic. As rightly said learning never stops, the world has seen the teaching-learning process take a shift from traditional made and adapt to the technological ways.

We have seen a paradigm shift in education especially at the start of the pandemic where the teachers became the student and the tech-savvy students helped their teachers adapt to technology.

One might feel that this was just the need of the hour but it exposed to us the true essence of education. It has taught school the true need of integrating technology in education to sustain in the global era of digitalization, which as a school we have adopted especially in our E-Learning Lessons. Technology has not only acted as a catalyst in the teaching-learning process but as also made it interesting. Fortunately, the student’s minds are not restricted to the classroom and the world has



become the classroom itself! We can also not ignore the participation of parents to facilitate the students’ learning. It seems technology has achieved what the education system could not achieve for years!

One can ponder over the advantages and disadvantages of technology in education but the real question is: Do we really need it? The answer is! Yes, we need it because of the changing times, to teach students in the way they understand the best, thus being child centered and to strive in

today’s times. It’s important to realize that one cannot sustain without technology in present times but it is also necessary to acknowledge the fact that nothing can ever replace the touch of the teacher-student’s interaction. The teacher cannot sit home and gauge the learner’s difficulties. For the cognitive, social, emotional, moral as well as physical development of a child, human interaction in the classroom environment is essential.

Technology is a way to go, let us all embrace it.

By: Mr. Muhangi Enock





SPORTS

THE SPORTS SEASON



It does not start in January like the NBA or in August like the English Premier League but uniquely in March. Interesting though it does not seem like a tournament or competition right away but at its climax and adjournment, it goes way beyond this. You guessed it right, the Verona inter house games and sports competition is what I'm talking about. In the main quadrangle of the school, the poles placed up are not exactly grasshopper traps, but they are used by our own "Verona she canes" the famous netballers who by the way make up a great percentage of the Ugandan national netball team. In case you didn't know, I guess now you know! The busiest "Stadium" is the southern one with a variety of sports courts and a spectator's view of the jomayi neighborhood. Cross country, netball, football, and field games pitch just after Lebron supermarket is enough to make one drown in the tale that the widely televised premier league and laliga's venue is Verona at jomayi stadium.

Okay, so that is not sports enough. Here is how it goes. In the earliest morning of the last Thursday of every first term, the whole mutundwe becomes a one of the many Olympic stadiums; with our own Lukyamuzi George blazing over land much more like Usein bolt and the likes of Hassan the Mandela captain flashing past every single atom of air, not as much different as cheptegei. To be sincere actually our own timothy from Nyerere proved to us this year that he competes with the speed of light, completing across country marathon ten minutes before the runners up! God has mercy.

Accompanied by all those is cheering what we call the moral boosting and at the end, the man himself (HM) appreciates the winning house with a bull. Ten years down the road and many bulls are still being competed for by Nkrumah, Mandela, Nyerere and Lumumba houses. Sincerely speaking who beats us Verona in sports indeed we are the best in the area.

MUSASIZI OBED F.6 ARTS
GAMES AND SPORTS MINISTER 2024-2025



OPINION POLL

HIGHLIGHTS OF THE YEAR

Hello everyone I greet you all in the mighty name of our lord, here to give you the opinion poll of our school VHS. As our motto states VENI VEDI VICI. As every year a few unfortunate souls are caught up in web of victims ranging with the highest percentage

SMARTEST TEACHERS

Mr. Kabanda Ignatius
Mr. Musoke Francis
Mr. Mutebi Wycliffe
Mrs. Ruth Nakasozi
Mrs. Betty Nakayiza
Mrs. Muwanguzi Rebecca

WORST EVENTS

Time table for exams is out
Prep time
Sunday lessons
The HMs office
The staff room

CHEERING EVENTS

The math teacher is absent
Tomorrow public holiday
MDD training starts tomorrow
Sports time

BEST AFRICAN ARTISTS

Burna boy 70%
Diamond P 80%
Fireboy DML 75%
Rema 50%

BEST LOCAL ARTIST

King Saha
Ava Peace
Joshua Baraka,
Elijah Kitaka,

SONGS OF THE YEAR

Wrong places
Wanula
Shake it to the max
Laho(minister of enjoyment)

HANG OUT SPOT OF THE YEAR

Kraal 70%
Balcony (Charles Peter Mayiga –Block) 60%
Main hall 50%
Canteen 80%
Myra's ice cream 75%

CAMPUS FLOWERS

Muganzi George F.6
Nakandi Sauda F.6
Mutoni Wase F.1
Ssenyonjo Dalton F.2
Lutwama Ethen F6

CAMPUS TOWERS

Muhooza Bonny F2 84%
Mukwaya Isma F.4 80%
Komeza Collin F.6 80.1%
Kanyerezi Henry F.4 75%
Arnold Paul F.6 79.1%
Kiju F.1 70%
Fadola Samuel F.1 68%

DEEP POCKETS

Mugalu Erickson F.4
Ssebuufu Mustafa F.3
Nyamal David F.6
Christine F.5
Nakandi Nauda F.6
Mugalu Erickson F.4

Nakiito Jamila F.4
Nalubega vanessa F.5 (Arts)
Kaweesa Hashim F3

ACADEMICIANS

Alinda Shanitah F.6 Humanity
Nabuly Eva F.6 Sciences
Kyomya Ashiraf F.5 Sciences
Giryang Gino F.5 sciences
Nakimbugwe Esther Regina F.4
Kamanzi Hope F.3
Nakyazze Rhodah Hope F2
Mirembe Gift Sarah F1

DRIPPERS

Arnold Paul F.6
Ssekabira Ian F.4
Abdul Rahim (smokie) F.6
Terezone travor F.6

BEST FOOTBALLERS AND NETBALLERS

Musaasizi Obed F.6
Masazi Hassan F.2
Ssaku Edrine F.6
Ssekabira Ian F.4
Ssekalongo Duncanf.4
Giriang Gino F.5
Jumba Rogers F.4
Ssemakula Hacksam F.5
Mwesigwe Cathy F.4
Nabukanya Bushirah F.6
Ndagire Rebecca F.6
Nakyazze Rhodah Hope F.2
Nabatanzi Peruth F.3

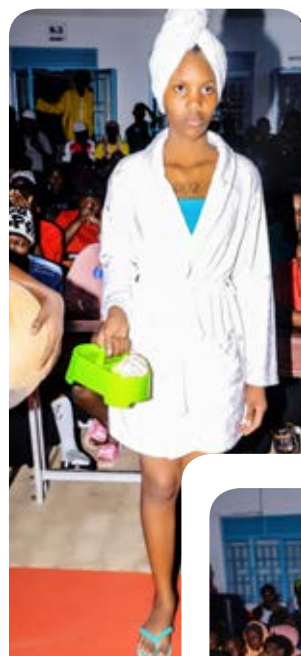
BIG MOUTH WITH BIG NEWS
NAMATOVU AISHA F.4

Fashion and Style



SCHOOL MO





TIME OUT



VERONA HIGH SCHOOL MUTUNDWE

'O' & 'A' LEVEL , DAY & BOARDING
SECONDARY SCHOOL

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