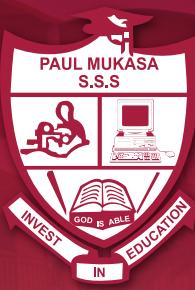
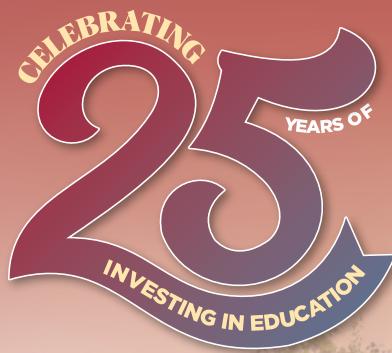


2025 Edition



The Pamcos

Paul Mukasa Senior Secondary School - Kigunga



Invest in Education





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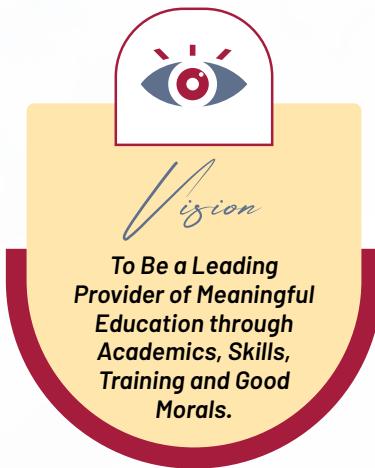


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School Profile

Opened on 29/01/2000 with 7 students and 5 teachers. It was Started by Hon. Rev. Peter Bakaluba Mukasa and his wife Mrs Joyce Nassolo Bakaluba in memory of Rev. Peter Bakaluba's late educationalist father Paul Mukasa.



Headteachers of Paul Mukasa Secondary School (2001 – Present)

Name of Headteacher	Period of Service
Mr. Batte Abraham	2001-2009
Mr. Mawanda Luciano	2010-2013
Mr. Kayanja Steven Alfred	2014
Mr. Kibuuka Henry	2015-Date





A note from the Chief Editor



It is with great excitement and deep gratitude that I welcome you to the **2025 Edition of The Pamcos Magazine**. This issue is not merely a chronicle of events, but a vibrant tapestry of the memories, achievements, and aspirations that have defined our school community over the past year.

At Paul Mukasa SS, 2025 has been a year of renewal, resilience, and rising beyond limits. We have witnessed the unrelenting spirit of our students in classrooms, on the sports fields, in debate halls, and on the cultural stage. Their brilliance has proven yet again that *excellence is not an act, but a habit we nurture daily*.

II This magazine is a mirror of our journey a journey marked by academic triumphs, innovative teaching, dynamic co-curricular engagements, and a growing sense of unity that binds us together as one Paul Mukasa family.

It captures the laughter of our special days, the discipline of our sports trainings, the creativity of our MDD festivals and the determination of our candidates preparing to face the future with courage.

Beyond documenting events, this edition celebrates the heartbeat of our school: **our students**. Their voices, poems, essays and stories breathe life into these pages. Their courage to dream big and act boldly inspires not only their peers but also us, the custodians of their growth. As you turn each page, I invite you to relive the defining moments of the year, celebrate the milestones, and be reminded of the timeless truth that *education is not only about passing exams but about shaping lives, building communities and preparing tomorrow's leaders*.

I wish to acknowledge the collective effort that has gone into this year's success. The dedication of our teachers, the unwavering support of parents and guardians, the commitment of the administration, and the loyalty of our alumni have all been crucial pillars.

Above all, we recognize our students, whose energy, resilience, and creativity remain the heartbeat of this institution. May this edition inspire you, challenge you and remind you that the future of Uganda and indeed the world is being written here at Paul Mukasa SS. God Bless you all.

With pride and optimism,

**Derrick Kibbumba (Mr.)
Chief Editor.**



The Students Editorial Committee

In the heart of Paul Mukasa Secondary School beats a rhythm of excellence, creativity and determination a rhythm that echoes through the corridors, classrooms and playgrounds of our beloved institution.

As the Student Editorial

Committee, we have captured this rhythm in words, stories and reflections that define the true spirit of Paul Mukasa S.S. This magazine is not merely a publication; it is a living chronicle of who we are, what we believe in, and the boundless heights we continue to reach.

The journey to crafting this edition has been one of collaboration, discovery, and inspiration. Each page represents the voice of a learner, the dedication of a teacher, and the vision of a community determined to shape a brighter future. Through laughter, learning, and shared challenges, we have grown stronger and more united. Our pen became a bridge between dreams and reality, telling stories that inspire, entertain, and educate.

We extend our

heartfelt appreciation to the Head Teacher, administration, our patron (Writers' club) and teaching staff for their unwavering support and guidance. To every writer, student contributor, your words have given this magazine its heartbeat.

Together, we have built a platform that celebrates talent, honours effort and inspires excellence.

Long live Paul Mukasa Secondary School!
The Student Editorial Committee.





From L-R: Bishop Emeritus Rt. Rev. Jackson Matovu, Rev. Peter Bakaluba Mukasa - The Director of Pamcos and Ssalongo Kibuuka Henry - The Headteacher of Pamcos.



The Rt. Rev. Enos Kitto Kagodo, Bishop of Mukono Diocese with the school administrators



The Bishop, directors and school administrators.


 CELEBRATING
25
INVESTING IN EDUCATION
Message from
The Resident Director


It gives me great joy and gratitude to pen this message as we celebrate **25 years of Paul Mukasa Senior Secondary School** shaping minds, building character and lighting the path of knowledge for countless young people. This milestone is not just a celebration of years, but of the commitment, faith and unity that have made Pamcos what it is today.

From humble beginnings, our school has grown into one of the most respected centers of learning in Uganda. Over the years, we have walked a journey filled with hard work, sacrifice and tremendous progress. What started as a small vision has become a reality that continues to impact lives and inspire excellence across generations.

Allow me to begin by **appreciating all those who have played a role in this success story**. To our dedicated teachers, who have given their time, talent and heart to nurturing our students, you are the true builders of our legacy. To the administration, Board of Governors and PTA, your steady guidance and teamwork have kept the school strong and focused. To our parents and guardians, thank you for entrusting us with your children and for walking hand in hand with us. And to our students, both past and present, you are the pride of Pamcos your achievements speak louder than words.

Over the last few years, the school has undergone significant development in both infrastructure and academics. We have established modern classroom blocks, improved laboratories and upgraded our ICT facilities to meet the demands of today's education system.

Our dormitories, library and sanitation facilities have been expanded to provide a more comfortable and conducive learning environment. These developments reflect our commitment to providing holistic education, one that balances academic performance with discipline, innovation and moral uprightness.

In the area of **academics**, Paul Mukasa S.S. continues to shine. Our students consistently perform well in national examinations, a clear reflection of the effort put in by both teachers and learners. We are proud of our alumni who are now serving as professionals and leaders in various sectors of our country. They remind us that every seed planted in these grounds continues to bear fruit beyond our walls.

As we mark **25 years of existence**, this silver jubilee reminds us that our story is

still being written. The next chapter must be about **growth, innovation and sustainability**. We are now focusing on integrating technology into learning, strengthening teacher capacity and promoting life skills education so that our learners are better prepared for the world ahead. We aim to build a generation that not only excels in academics but also carries strong values of integrity, hard work and service.

Looking to the **future**, we envision a Paul Mukasa that remains a model of excellence, a school that shapes responsible citizens and nurtures dreams. Together, with the continued support of parents, staff, alumni and well-wishers, we shall keep the torch of quality education burning brighter than ever.

To everyone who has been part of this journey, I extend my deepest appreciation. Let us celebrate this 25 years milestone with pride, but also with renewed commitment to take Paul Mukasa Senior Secondary School to even greater heights. May the next years bring more success, unity and transformation to our beloved institution.

Long live Paul Mukasa Senior Secondary School!

**Mrs Joyce Bakaluba Nassolo,
Resident Director.**



A message from
**The PTA
Chairperson**

Warm greetings to our dear Head Teacher, members of the administration, dedicated teachers, non-teaching staff, beloved parents, and our ever-vibrant students. It is with great honor and gratitude that I extend this message on behalf of the Parents and Teachers Association (PTA) of Paul Mukasa Secondary School.

Paul Mukasa S.S. stands as a beacon of excellence an institution where discipline meets determination, and where knowledge walks hand in hand with character formation. Over the years, we have witnessed this school grow not only in numbers but in spirit, performance, and reputation.

■■ The transformation we continue to see is a clear reflection of commitment from all stakeholders, teachers who give their all, parents who sacrifice tirelessly and students who remain focused on their goals.

The PTA takes great pride in being a pillar of support to this development. Together with the school administration, we have worked to improve the learning environment through infrastructural development, mentorship initiatives and welfare support for both staff and students. Each contribution, no matter how small, is a brick in the strong foundation we continue to build for the success of our learners.

As parents, we understand that education today goes beyond classroom performance. Our children need guidance, moral support, and emotional stability. That is why the PTA remains deeply committed to bridging the gap between home and school ensuring that communication, cooperation, and shared responsibility remain at the center of our educational journey.

To our dear teachers, we salute your devotion. You are the unsung heroes who turn potential into progress, and dreams into reality. Your patience, mentorship, and love for the learners are the driving forces behind this school's consistent excellence.

To our students, I urge you

to make the most of the opportunities Paul Mukasa S.S gives you. Work hard, stay disciplined, and let your actions make your parents and teachers proud. Remember, success is not achieved overnight it is built day by day through persistence and good character.

As we celebrate yet another milestone with this magazine publication, let it serve not only as a record of achievements but also as an inspiration for the future. May it remind us that when parents, teachers, and students move together with one vision, greatness becomes inevitable.

On behalf of the entire PTA, I wish to thank the school leadership for their open collaboration and visionary guidance. Together, we shall continue to make Paul Mukasa Secondary School a model of academic excellence, moral integrity, and holistic education.

May God bless our teachers, our parents, our students and above all, our beloved Paul Mukasa Secondary School.

**Mrs Mbuga Jane,
Chairperson, Parents and
Teachers Association (PTA)**

Headteacher's

Message



Dear Brothers and Sisters, I greet you in the name of Our Lord Jesus Christ. It is with great pride and heartfelt gratitude that I address you in this special edition of our Pamcos Magazine a celebration of the journey we have walked together over the past academic year. This publication is more than just a collection of memories; it is a living record of our resilience, our triumphs, our lessons and above all, our growth as a united school community.

The academic year has been both demanding and rewarding. Like any institution striving for excellence, we encountered challenges but with determination, teamwork, and the grace of God, we have emerged stronger and wiser. Our students, teachers, and support staff have displayed resilience in the face of pressure, and I commend every one of you for your unwavering commitment. I cannot forget our esteemed Parents, who are very friendly and indeed positive when it comes to fees payment. We are very proud of you.

In the classroom, we have continued to raise the bar. The performance in both UCE and UACE examinations reflects the diligent efforts of our learners and the relentless dedication of our teachers. We celebrate the top achievers who have not only lifted the school's academic flag but have also set a benchmark for excellence. We thank God for this.

At Paul Mukasa S.S., we believe

in educating the whole person. This year, we have witnessed remarkable participation in sports, debates, music, dance, drama, and various clubs and societies. These activities have not only enriched the learners' experiences but also helped cultivate values such as teamwork, leadership, and creativity. I take special pride in the disciplined conduct and character displayed by the majority of our students. Our Teachers, Guidance and Counseling Department, chaplaincy services, and student leadership structures have played a critical role in shaping morally upright and socially responsible young men and women.

II We have made tangible strides in improving our learning environment. From the renovation of classrooms to the expansion of the girls' dormitory and the enhancement of our ICT facilities, we are steadily transforming Paul Mukasa S.S. into a 21st century institution. I extend my deep appreciation to the Board of Governors, PTA and development partners whose support has been instrumental in these achievements. May God continue to bless you all.

No institution can rise above the quality of its workforce. I am deeply grateful to our teaching and non-teaching staff for their tireless dedication, professionalism, and mentorship. Many have gone above and beyond the call of duty, ensuring that our learners receive not only education but also care, guidance, and inspiration.

To the candidates of Senior Four and Senior Six, this yearbook marks the end of one chapter and the beginning of another. You leave behind a legacy a foundation upon which others will build. Go out into the world with confidence, integrity and purpose. Remember, you are ambassadors of Paul Mukasa S.S. carry the values of discipline, hard work and humility wherever you go. God see you through, we pray.

As we look to the future, our vision remains clear: to become a center of academic excellence, character formation, and innovation. Our strategic focus in the coming years includes:

Strengthening our academic support systems, Enhancing digital learning, Expanding infrastructure, Deepening our parents-community and alumni engagement.

GOD IS ABLE.

**Ssalongo Kibuuka Henry,
Headteacher of Pamcos.**



Paul Mukasa

Senior Secondary School - Kigunga



The journey to Academic Success

I come to you not just as the Director of Studies, but as someone who deeply believes in your potential, your strength, and your ability to rise above challenges. As I reflect on the academic year 2025, I am filled with both pride and gratitude for the strides Paul Mukasa Secondary School continues to make in its pursuit of holistic excellence.

This year has been a remarkable chapter in our academic journey, one marked by resilience, innovation and growth. Our learners have demonstrated not only intellectual brilliance but also commendable discipline and creativity.

The continued improvement in both internal and national examination results is a testament to our collective commitment from our dedicated teachers to our ever-supportive administration and the relentless spirit of our students.

Every academic year brings with it opportunities to learn, to grow,

to face new challenges and most importantly, to become a better version of yourself. Yes, the journey can be demanding. There will be long nights, hard lessons, and moments where you might question your abilities. But I want you to remember something very important: **every academic challenge you face is shaping your future academic achievements.** You are not alone on this journey.

>Your teachers are here to support you. Your classmates are walking the same path. As your Director of Studies, I assure you that we are committed to giving you the best environment to thrive academically, mentally and personally.

As we celebrate our achievements, let us also embrace the lessons from our challenges. Each obstacle is a reminder that growth often comes through perseverance.

At Paul Mukasa SS, we stand guided by our motto "*Discipline, Knowledge, and Service.*" These are not mere words, but the pillars that define who we are and what we stand for.

To our teaching staff, I extend my deepest appreciation. Your tireless devotion to excellence, even amidst challenges, remains the heartbeat of this institution. You have not only taught syllabi but also inspired dreams, built confidence and integrity. To our learners, I urge you to keep your eyes on your goals. The future belongs to those who dare to dream and work tirelessly to achieve those dreams.

To our candidates: stay focused, finish strong. Your dreams are within reach. To everyone else, thank you for making this academic year count. Let your work today open your strong doors tomorrow.

Ssuuna David, Director Of Studies

A word from The Chaplain

I greet you in the Mighty name of our Lord Jesus Christ from whom all blessings flow. I am **Rev. Timothy Bitimpa Kiryowa** the school Chaplain Paul Mukasa Secondary School. As we bring this academic year to a close, we are invited to pause, reflect and give thanks. The year has been a journey one marked by both triumphs and trials, lessons learned in the classroom and beyond and moments where God's grace has been evident among us.

This being a Christian founded school, we always offer prophetic guidance to uphold those values above within the school. At Paul Mukasa S.S, we are reminded daily that education is not merely about

academic achievement, but about shaping the whole person mind, body and spirit. Our mission as a school is rooted in the belief that true excellence begins with a heart aligned to God, a mind dedicated to truth and a life committed to service.

Throughout the year, I have been focusing on nurturing the students in both spiritual and Pastoral well-being of the school community by offering support to the students and staff through services like leading worship, counseling and facilitating spiritual growth by allowing them to lead worship, preach and also in praising God.

I have witnessed the hand of God at work in this community: in the dedication of our teachers, the resilience of our students and the cooperation of our parents. We give thanks to God who has seen us through examinations, sports events, chapel fellowships and all school activities. His faithfulness has been our anchor.

Mathew 19:13 "Then people brought the little children to

Jesus' 'This verse moves me to feel as a real father to all my students and with the help of my wife, we always provide the support needed. In the same vein, I encourage parents to continue supporting our children because in future, they are going to be our responsible men and women of this great nation.

In our school community, we are called to live out compassion, integrity and respect. These values are not just ideals they are actions we take daily. Whether it's offering a kind word, standing up for someone, or simply being present, we have countless opportunities to reflect God's love to one another.

Faith reminds us that we are never alone, even in moments of doubt or challenge. Hope encourages us to keep moving forward, trusting that brighter days are ahead. And community shows us that we are stronger together learning from each other, growing together, and supporting one another.

To our candidates and those completing their time at Paul Mukasa S.S, I urge you to go into the world with courage, humility and a firm foundation in Christ.

Remember the words from Proverbs 3:5-6:

// Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

To our continuing students, let each year be a step towards becoming not just successful individuals, but responsible, God-fearing citizens who reflect integrity and compassion in all they do. As we celebrate the accomplishments of the year, let us also look ahead with hope. May our school continue to be a beacon of academic excellence, spiritual growth and moral leadership in our community and beyond.

I extend my heartfelt blessings to the administration, staff, parents, alumnii and the students fraternity for this milestone and as we look forward to celebrating the silver Jubilee, we pray that the good Lord keeps us in good health. May the peace of Christ guard your hearts and may His light guide your path in the coming year.





Ms Kirabo Agnes, Bursar.

It is a great pleasure to welcome you all on behalf of the school's finance department. As the school bursar, I am honoured to have this opportunity to write to you about how we can continue working together to ensure the financial stability and growth of our institution.

First and foremost, I want to express our deep appreciation for your commitment and support. Your timely payment of fees, contributions to development projects, and overall cooperation enable us to maintain the high standards of education and facilities that our students enjoy.

We truly value the partnership between the school and the home. It is through this collaboration that we can continue to provide quality learning experiences.

Over the past years, the school has invested significantly in improving both academic and extracurricular facilities. These include the renovation of classrooms, the upgrading of laboratory and ICT equipment, and the enhancement of our library resources. All these projects are made possible through your continued financial support and trust.

As we move forward, we aim to maintain transparency and accountability in all financial

dealings. The school's finance office remains open to parents who may wish to make inquiries, seek clarifications, or discuss payment plans.

■■■ We understand that times can be challenging, and we are always willing to work with you to find solutions that ensure no child's education is disrupted.

Let me also encourage all parents to make use of the various payment channels provided by the school. Early and consistent payment helps us plan effectively, meet our commitments to staff and service providers, and maintain the smooth running of school programs throughout the term.

In closing, I want to thank you once again for your dedication, patience, and trust in our school. Together, we are not only investing in infrastructure but, more importantly, in the future of our children the leaders of tomorrow.

Thank you, and may we continue to build a stronger community for our students' success.

Thank you.



The Finance Department



Ms Marion Naikubi, Cashier



Raising Women Of Purpose

As I sit at my desk and glance through the open window, I see a group of senior girls preparing for their final exams—some revising, others encouraging each other with smiles and shared notes. It is in these quiet, powerful moments that I am reminded why I do what I do.

Being a senior Woman Teacher at Paul Mukasa Senior Secondary School Kigunga is more than a title—it is a calling. Each day, I am entrusted with the delicate but beautiful responsibility of guiding our girls as they grow not just academically, but emotionally, socially and spiritually.

When a young girl walks into our school, often unsure of what she is or what she can become I see a world of possibility. I see a future leader, a problem solver, a healer, an innovator. But she may not see it yet. That is where our work begins—not just to teach, but to **awaken the greatness** within.

Here at Paul Mukasa, we are not just building students, we are raising women of purpose. Women who understand their worth. Women who know that confidence is not pride, but power. Women who realise that their voice matters in classrooms, in boardrooms, and in communities.

To my dear senior girls, I am so proud of you. You have blossomed in grace, courage and determination. I have watched many of you overcome fear, failure and personal struggles to rise into leadership, academic excellence and personal growth. As you now prepare to step into the world beyond these walls, I urge you to carry these truths in your heart:

- *You are enough.*
- *You are not limited by your background.*
- *You are the author of your future.*

Go forward and show the world the strength of a Paul Mukasa girl—strong in value, firm in faith and fearless in purpose.

To the girls still walking the journey behind you—stay focused. Your education is your greatest weapon. Do not be disturbed by short-term pleasures that may cost you long-term greatest. Surround yourself with friends who uplift you, listen to your

teachers, and most importantly—**believe in yourself.**

To the parents and guardians, thank you for trusting us with your daughters. Let us continue working together to shape women who will not only succeed but contribute meaningfully to their families their communities, and their nation.

And to my fellow teachers, let us never forget that we are not just teaching lessons; **we are shaping legacies.** Thank you for being part of this sacred mission.

In conclusion, I leave you with a reminder I often give my girls:

"You may be just one girl in the world but to someone, you are the world. So, rise and shine."

Let us continue to raise daughters who dream who dare and who do.

With love and purpose,

Mrs. Sseguya Prosscovia, Senior Woman Teacher.





Embracing ICT

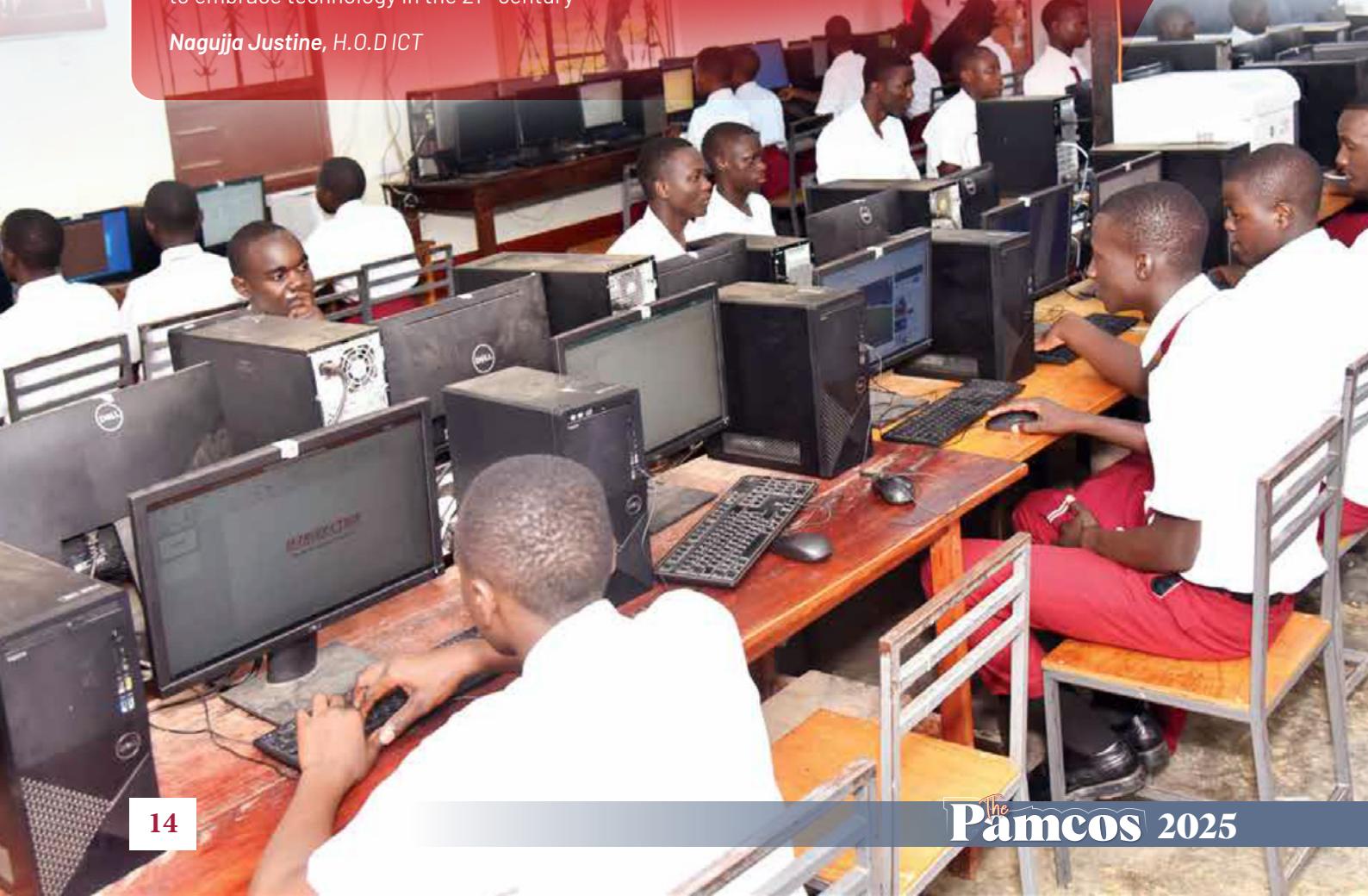
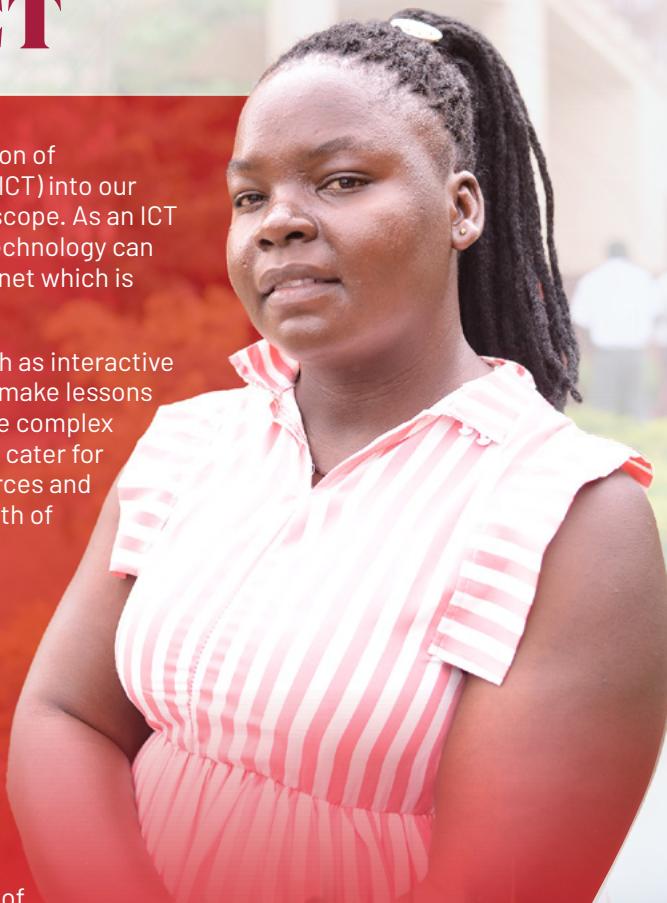
At Paul Mukasa Secondary School the Integration of information and communication Technology (ICT) into our curriculum has transformed the educational scope. As an ICT teacher, I have witnessed a profound impact that technology can have on teaching and learning with the aid of internet which is paramount and essential at our school

ICT plays an important role in learning, CT tools such as interactive white boards, projectors and educational software make lessons more engaging. Students at our school can visualize complex concepts through multi media presentations which cater for various learning abilities. Additionally, online resources and e-books provide our students with access to a wealth of information beyond traditional text books.

Fostering collaboration, with platforms like google classroom and other collaborative tools, students can work together on projects, share resources and provide peer feed work. This collaborative environment encourages team work and enhances communication skills which are essential for the modern work place

As the ICT Department at, we believe that embracing technology is not just an enhancement to education. It is a necessity by fostering a culture of innovation and adaptability, we empower our students to embrace technology in the 21st century

Nagujja Justine, H.O.D ICT



The power of a Positive Attitude



A positive attitude is more than just a smile or a cheerful word, it is a mindset that shapes how we see ourselves, others and the challenges life presents. In school and beyond, maintaining a positive outlook is a key ingredient for success. It empowers students to approach difficulties not as barriers but as opportunities to learn and grow. A student with a positive attitude does not fear failure; instead, they see it as a stepping stone toward improvement and innovation.

Positivity also creates a ripple effect. When one person chooses optimism over negativity, it inspires others to do the same. Classrooms become friendlier, teamwork becomes easier,

and learning becomes more enjoyable. Teachers find it easier to nurture students who believe in themselves, and students find motivation in an environment filled with encouragement and hope.

Developing a positive attitude requires practice gratitude, self-discipline, and focusing on solutions rather than problems. It means replacing "I can't" with "I'll try" and seeing each day as a new chance to make a difference. As young people preparing to shape the future, we must remember that success begins in the mind. A positive attitude may not change every circumstance, but it will always change how we respond to them and that makes all the difference.

Miss Kisakye Faith

The value of Hard Work



In a world that increasingly celebrates shortcuts and instant success, the true value of hard work often goes unnoticed. Yet, history and experience both remind us that lasting achievement is built on persistence, discipline, and consistent effort. Hard work is not merely about exertion; it is about commitment to excellence, resilience in the face of challenges, and the willingness to push beyond comfort to reach one's goals.

Those who embrace hard work understand that every small effort contributes to a greater outcome. It is through dedication that skills are sharpened, talents are refined, and dreams are transformed into reality. Hard work also builds character; it teaches patience, humility, and the importance

of earning success rather than expecting it. Unlike luck or talent, which may fade or fail, hard work creates a foundation that endures.

In schools, hard work manifests in late-night study sessions, disciplined routines, and the refusal to give up despite obstacles. It separates mediocrity from excellence and shapes students into future leaders who understand that success has no substitutes. As the saying goes, "There is no elevator to success; you have to take the stairs." Indeed, the value of hard work lies not only in the rewards it brings, but in the strength, wisdom, and self-respect it builds along the journey.

Miss Agwil Jane, Hod-English Department



Agriculture

The most dynamic & impactful sector

In an era defined by technological innovation and global challenges, agriculture remains one of the most dynamic and impactful sectors on the planet. As an agriculture teacher, I witness firsthand how disconnected many students and even adults are from the systems that produce their food, fuel and fiber. This gap in agricultural literacy poses a critical risk, not just to consumer awareness, but to the future of sustainable development itself.

Modern agriculture is a sophisticated blend of science, engineering, economics and ecology. It involves data-driven decision-making, climate-resilient crop varieties, precision irrigation systems, and evolving food supply chains that span continents. Yet, the average student often lacks even a basic understanding of where food comes from or the ethical and environmental implications of food production. That's where agricultural education must play a transformative role.

At Paul Mukasa SS, we're exploring soil health, biotechnology, agribusiness, food policy and sustainability. These topics connect directly to global issues such as climate change, food insecurity and biodiversity loss. Students trained in agricultural



thinking are better equipped to ask critical questions: How do we feed a growing population without destroying the planet? What does a just and equitable food system look like?

If we want to cultivate a generation of informed consumers, ethical leaders, and innovative problem-solvers, we must embed agriculture into the broader conversation of education and policy. Agricultural literacy is no longer optional, it is essential for shaping a resilient and responsible future.

In the classroom, we're not just teaching students how to plant a seed, we involve students in different projects like Vegetable growing, Rabbit rearing. Students also have been involved in competitions outside school such as Poem Writing on agro-ecology and project exhibitions. We look forward to producing competent citizens with values and skills to serve their societies through agriculture.

Mr Muwaya Hamidu, (HOD-Agriculture)



Science Under the CBC



In the evolving landscape of education, the need for approaches that transcend traditional memorization and examination-based learning has never been more urgent. At Paul Mukasa Secondary School, this realization has sparked a transformative journey towards Competency-Based Learning (CBL), a progressive educational framework that equips students not only with knowledge but with essential skills, attitudes and values necessary for success in the 21st century. At Paul Mukasa Secondary school we empower the students in project work where our learners have excelled and proved to be above at all level.

As the patron, it gives me immense pleasure to pen a few words for this year's edition of our college magazine, which stands as a vibrant reflection of the talent, curiosity, and dedication of our students in the field of science. I have had the privilege of witnessing the remarkable enthusiasm with which our young

minds approach the wonders of science in chemistry, biology, mathematics, physics and ICT. Whether through projects, exhibitions, quizzes, or research discussions, the club has become a hub for innovation and critical thinking beyond the learners expected IQ.

Science is not just a subject or words, it is a way of understanding the world, questioning the obvious, and pushing boundaries. In today's rapidly evolving world, where technology and scientific discovery shape the future, the role of young scientists and thinkers is more crucial than ever. Remember we cannot force science down the throats of those that have no taste for it but it is our duty to set the pace, to light a candle in darkness for others to see and borrow a leaf.

I congratulate my scientists for being practical scientists for the success during the regional science fair 2024 where our biology project: **PRODUCTION OF ORGANIC TOOTHPASTE FROM**

PLANT EXTRACTS emerged the best in Mukono district and also the great vibrant victory in the national science fair organized by SESEMAT 2025 where we excelled as the best project in two fields of report writing and team work winning two gold trophies and four gold medals. As the patron am so privileged to have worked with curious scientists who understood science as a constant walking a tight rope between blind faith of curiosity, between expertise and creativity, between bias and openness, between experience and epiphany.

In brief we are the current and the future scientists; to my students (scientists), science will open more doors in your lives if you trust God. Let us continue to nurture curiosity, celebrate failure as part of learning and strive for knowledge that can help build a better world. Wishing you all continued success in your scientific pursuits!

Ssekajja Samuel, Patron, Science Club.





One - on - one with The Chairperson Disciplinary Committee

A Friday afternoon in a formal meeting in the DC office. The chairperson, Mr. Mangeni Ivan Monday (with authority but calm) sits at one end of the table, while three Writers' club representatives; Nyangoma Charity, Kyobe Jonathan and Lyaka Patience are seated across him. The atmosphere is slightly tense but professional. There are papers and a recorder in front of the chairperson. The room is quiet except for the soft sound of a ticking clock. The Patron (enters and breaks the silence) by greeting the Chairperson and asks the interviewers to commence the interview: Kyobe takes the lead with a greeting and an instant question.

Can you describe your experience in leadership or disciplinary roles within the Education institutions?

I hold a vast experience in leadership and disciplinary roles from quite a number of schools I have worked in. I have not only served as a Teacher in charge of discipline but also under different roles like Director of Studies and Deputy Head teacher.

At St. Peters' Naalya, I served as the Deputy Head Teacher for ten years. I also worked as a DOS at Ntinda View for 4 years and I have been the Chairperson Disciplinary committee of Paul Mukasa Senior Secondary School from 2017 to date. This whole experience in discipline and academics brings me to 25 years of experience.

(Totally shocked) Since 2017!!! What has made your stay at Paul Mukasa SS longer?

My good performance and ability have contributed to my longer stay at this institution as the chairperson DC. Well, I will be making just 10 years next year in February.

You earlier mentioned some schools you served, which one has given you the best treat?

(Looking nostalgic) Almost all... because I have done and implemented whatever I want

successfully.

What are the key responsibilities of a School's Disciplinary Committee?

To formulate and uphold rules and regulations for better discipline.

How have you ensured the disciplinary committee operates fairly and independently?

The administration has given it the autonomy to operate independently. All the cases are handled through the DC, Judgment is done, then later the administration is notified.

Walk us through how you handle complex disciplinary case involving multiple students and conflicting testimonies.

If you were here before we abolished prom parties, two students who went to pick their prom attire ended up in a different direction. Through our investigation, we found out that several others had joined the two and therefore, an immediate disciplinary action was taken.

How do you ensure that all

parties involved in a disciplinary case (students, teachers, parents are treated fairly and heard)

We sit and collectively look at the issue at hand with the parent and the student. We get every detail of the case and we judge according to the school rules and regulations. (He laughs) All cases are handled well and that is why you never see anyone saying that they are not satisfied with our judgement.

How have you managed to keep our school strike free?

(With a serious tone) If anything crops up or is brought to my table, I immediately call for an assembly. I also make investigations on whatever case and forward them to the administration for quick implementation.

(A big smile) You should know that I studied from a complicated school, so I know how to get the ring-leaders with ease.

What has been your biggest challenge as chairperson DC and how did you solve it?

In 2017 when I assumed this office, the discipline levels were very low, there was a lot of disorganization in form of dresscode, school routine was not followed, hefty, drug abuse was on a rampage. This created an environment of frequent suspension and expulsions. However, the biggest challenge was coupling.

I brought sanity in the school by separating boys and girls during preps to eradicate coupling. We also carried out counselling of students. With time, I also advocated for the installation of CCTV cameras to curb cases of theft in dormitories.

How has the DC contributed positively to the student's character development?

I have addressed this by having a strict follow up on every student in that

my presence alone, puts things to order. Many are propelled to stay disciplined and focus on academics. We have even built good leaders as a result and we are so proud of them.

How do you respond to parental pressure or political influence in disciplinary matters?

True, there is parental/political influence but also in some cases, some parents come with money as a way of compromising DC cases. We strictly stick to the school rules and regulations. In simple terms, we don't take bribes.

We understand that you are both a teacher and a parent, how would you handle a disciplinary case involving one of your daughters?

Ha-ha!!! I handle all cases the same way. At some point, I suspended the son of a director somewhere. I have my daughters here but you can never get them in any case

because I'm naturally a disciplinarian.

We see you as a charismatic leader, any political ambitions, and if there is where?

(Surprised) You are not aware!! Ha-ha... Member of Parliament, Busia Municipality, though I am not affiliated to any party

Any last remarks to the readers and the candidates?

My humble appeal to the parents is that they should play their role of fostering discipline at home just like the teachers do at school. Raising a good citizen is a combined effort that requires all parties. To the candidates, read harder, concentrate and perform well.

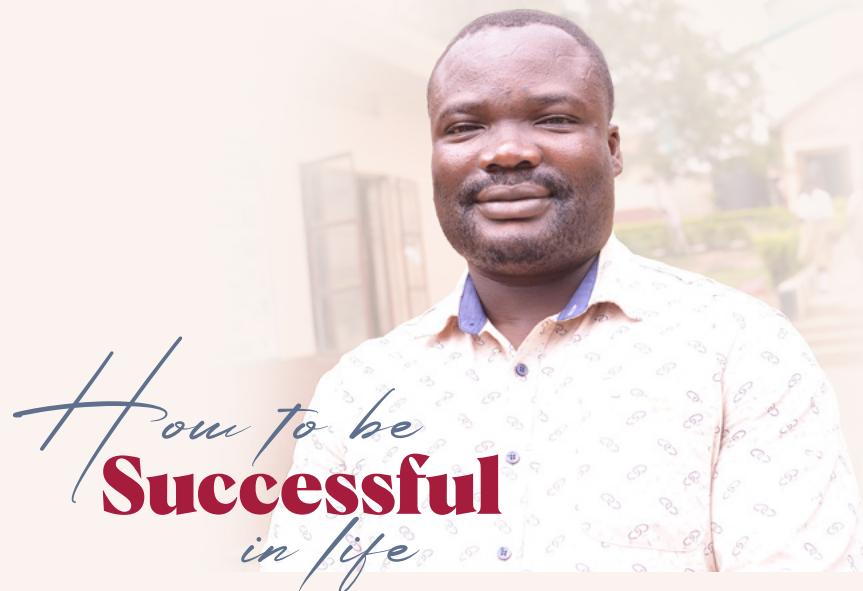




Dear Students,

Success in life doesn't happen overnight. It is built, step by step, with hard work, discipline and the right attitude. Here's some advice that I hope will guide you through school and beyond.

- First and foremost, believe in yourself. You have incredible potential within you. Self-belief is the foundation of all success. If you don't believe in your ability to grow and achieve, no one else will.
- Secondly, set clear goals. Know what you want in life whether it's academic excellence, a career dream or personal growth. Without goals, it's easy to drift without purpose.
- Discipline is your best friend. Success often comes down to doing what needs to be done, even when you don't feel like doing it. Be consistent in your habits, especially when it comes to studying and personal development, eliminate distractions like phones and manage your time effectively by setting deadlines.
- Acknowledge and celebrate your achievements, big or small to stay motivated.
- Never stop learning. Life is a continuous journey of knowledge. Be curious. Read books, ask questions, and seek to understand the world beyond your textbooks.



- Choose your friends wisely. Surround yourself with positive, ambitious people who uplift you. The company you keep can either push you forward or pull you back.
- Respect others and yourself. Treat your teachers, classmates and family with kindness and integrity. Success is not just about achievements, it's also about character.
- Learn from failure. Don't fear making mistakes. Each failure is a lesson. What matters is how you rise after falling, not how many times you fall.
- Take care of your health. Physical and mental well-being are essential. Eat well, sleep enough, exercise, and take breaks when needed. A healthy body supports a sharp mind.

/// Lastly, stay humble. No matter how far you go in life, remember where you came from. Be grateful and help others as you climb the ladder of success. Success is not about luck or talent alone, it's about determination, responsibility and making the right choices every day.

I believe each one of you has the power to achieve greatness. Thank you and I wish you all the very best in your journey.

Mr Lwamuli James (Warden)



Finding Inspiration

in the unritten word

As a member of the Scripture Union, allow me share my thoughts on the power of words. Here, I will explore how writing can be a powerful tool for self-expression and spiritual growth.

Words have the ability to inspire, uplift and challenge us. Through writing, we can process our thoughts and gain a deeper understanding of ourselves and our faith. Writing can be a meaningful way to deepen our prayer life and cultivate a sense of intimacy with God.

>Your purpose and direction is very clear as you shift your vision and goals from the head and go ahead to write them down, aligning them with God's plan for your life. You remain focused and motivated even when faced with challenges. Regularly reviewing your written goals helps you to reflect on the progress and make adjustments.

Finally, for many of us, prayer is a vital part of our daily routine. But have you ever considered writing as a form of prayer? By putting our thoughts and feelings into words, we can express our gratitude, hopes and fears to God.

Habakkuk 2:2-3

Write the vision, make it plain for the vision is yet for the appointed time.

Mr Lubowa Lawrence, Patron Scripture Union.





Matron's advice on Health and Growing Strong

Dear girls,

As your school matron, I have the privilege of walking besides you during one of the most important seasons of your life; your journey from girlhood into womanhood. It is a time of discovery, of questions, of growth and at times, of confusion. I have watched many of you come into this school shy and uncertain, only to blossom into confident, capable young women.

But as you grow, so do your responsibilities especially the responsibility to care for your health. And health, dear children of God, is not only about avoiding illness. It is about understanding your body, honouring your mind, protecting your emotions

and building habits that will serve you for life. Let me share a few things I hope you will carry with you, not just within these school walls, but long after you leave.

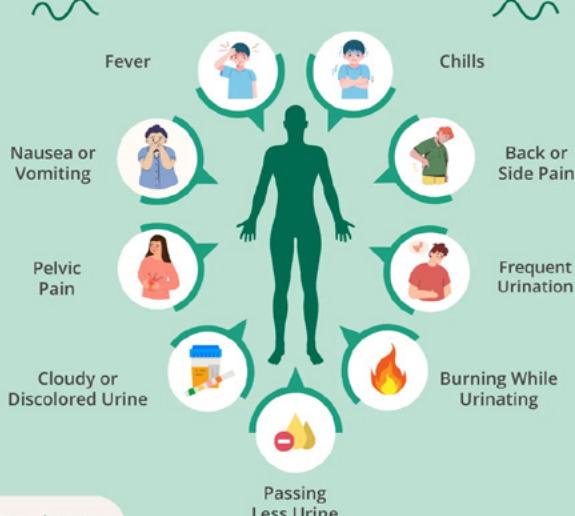
- **Your Body Is Not a Burden, it is a Gift**
- **Food Is Not Just Fuel, it's Medicine**
- **Your Mental Health Matters**
- **Protect Your Future by Protecting Your Boundaries**
- **Your Health Is Your Power**

I am always here not only when you are sick, but also when you need someone to listen, to advise, or simply to remind you that your health is a form of power. Use it well. Stay strong, stay focused, and take care of yourself, you are worth every effort.

*With love and respect,
Miss Julie Nabulya*

Fight UTIs *this way*

How a UTI Affects the Body



1. Ensure sufficient clean underwear
2. Use breathable fabrics
3. Maintain genital hygiene properly
4. Drink plenty of water
5. Use clean, well-maintained sanitary facilities
6. Avoid delaying urination
7. Know symptoms and seek care early

Miss Namulinde Habula



A cornerstone of Holistic Education

At Paul Mukasa Secondary School, Physical Education stands as a cornerstone of holistic education, shaping students not only intellectually but also physically, emotionally and socially. In line with Uganda's competence-based curriculum, the school recognizes PE as an essential discipline for fostering lifelong wellness, teamwork, and personal responsibility.

The PE programme at Paul Mukasa SS blends structured classroom instruction with active participation in a variety of sporting disciplines such as athletics, football, netball, volleyball, and traditional games. Through these activities, learners develop coordination, endurance, leadership, and a sense of fair play qualities that extend far beyond the sports field into their academic and personal lives.

The school has invested in expanding its sports facilities and organizing inter-house and inter-school competitions that enhance both performance and school pride. These events are not merely recreational; they are platforms for talent identification and mentorship, producing disciplined and goal-oriented individuals.

Physical Education at Paul Mukasa SS therefore transcends the boundaries of routine exercise. It cultivates resilience, unity, and a culture of excellence embodying the school's vision of educating the whole person in mind, body and spirit.

Mr. Kisambira Paul, HOD-Physical Education



Paul Mukasa

Sen. Sec. Sch.

Paul Mukasa ni taa, ya elimu ya kweli,
Hutangaza maarifa, kwa moyo wa dhati,
Wanafunzi hujenga, misingi ya thamani,
Kwa bidii na nidhamu, huinuka kila hali.

Walimu ni waadilifu, wenyе hekima ya hali,
Hufundisha kwa upendo, bila kuchoka bali,
Hutuweka mstari, wa maarifa na busara,
Kwao elimu ni ibada, si kazi ya kawaida.

Mazingira ya kujifunza, ni safi na ya kuvutia,
Vitabu na vifaa, huwepo kwa kila nia,
Maabara na maktaba, hutoa maarifa tele,
Hapa mwanafunzi hufanikiwa bila shaka.

Michezo na sanaa, hupewa nafasi bora,
Vipaji huinuliwa, kwa moyo wa mshikamano,
Mashindano ya kitaifa, huleta sifa kubwa,
Paul Mukasa huangaza, kama nyota angani.

Uongozi wa shule, ni mfano wa kuigwa,
Hutuweka mstari, kwa dira ya maendeleo,
Haki na uwajibikaji, hutawala kila kona,
Hapa tunalelewa, kuwa viongozi wa kesho.
Wanafunzi wa nidhamu, wenyе bidii na heshima,
Hutangaza jina letu, kwa ushindi na sifa,
Katika mitihani na kazi, huonyesha uwezo,
Paul Mukasa ni fahari, ya taifa na vizazi.

Elimu ni msingi, wa ndoto na mafanikio,
Paul Mukasa hutufundisha, kwa moyo wa uzalendo,
Tunaelekea mbele, kwa mwanga wa maarifa,
Shule yetu ni hazina, ya hekima na matumaini.

Tunajivunia shule, iliyojaa maadili,
Hapa tunafundishwa, kwa misingi ya akili,
Tunaandaliwa vyema, kwa dunia ya kesho,
Paul Mukasa ni nguzo, ya mafanikio yetu.

Kwa moyo wa shukrani, tunasema kwa sauti,
Shule yetu ni lulu, yenyе thamani ya dhati,
Kwa walimu na wanafunzi, hongera kwa juhudhi,
Paul Mukasa ni fahari, ya elimu ya kweli.

Mwalimu Kamwesiga Javira
Mtunzi wa fasihi, mpenda elimu, na mzaledo nchini Uganda.



Some
**Teaching
Staff**



Some Non teaching Staff





A tête - a - tête with **Mr. Mukasa Moses** **- Assistant Director of Studies**

One of the longest serving teachers of this great institution, an epitome of knowledge, philosophical in nature blends easily with tasks ahead of him. The interview kicks on in style with a formal greeting and off to the task of the day

As the writers' club, we appreciate your efforts and dedication towards our school. Kindly take us through your stay here and how it feels to be an administrator

I have been here since 2004 as a teacher of Physics and Mathematics. I have served as a class teacher, Head of Department (Physics) and Assistant Director of Studies. Being an Administrator is so demanding and tasking but worth an experience.

With the ongoing implementation of the new competence-based curriculum, what strategies has the school adopted to ensure that both teachers and students adapt effectively?

The school has stocked the library with learners' and teachers' guide, syllabus guides without neglecting the books of the old curriculum. We have also held several workshops to develop and improve our labour force. Academic tours have been held to ease learning. To answer this still!

Each learner has extra books for activities of integration for proper management and follow-up. We have also installed computers for data storage.

Lastly, projects at schools in line with the curriculum have been put in place such as urban farming, rabbit keeping, rat keeping; to mention but a few.

What roles do projects, group work, and continuous assessment play in the academic growth of students under the new curriculum?

Project enhances hands-on and making learning more practical. They help to relate real life to classroom experience. Continuous assessment helps learners to develop cognitive, psychomotor and effective domains. On the other hand, group work promotes teamwork and generic skills.

What role does ICT play in enhancing teaching and learning under the new curriculum framework at Paul Mukasa SS?

It brings the whole world closer to the learners as it saves time in research.

In what ways has the administration supported teachers in upgrading their skills to effectively deliver content

under the new curriculum?

(Thinking....) The administration has provided resources, organized seminars and workshops. It has also improved the general welfare of teachers by paying salaries on time and providing scholarships to teachers who want to upgrade.

How does the school motivate both teachers and students to maintain high levels of discipline, performance, and creativity?

By rewarding the best performing teachers and students.

How are students responding to the new curriculum's focus on projects and continuous assessment and what measures are in place to monitor their progress?

The response is positive. They do group projects in S.1, S.2 and individually in senior three.

Could you highlight some of the key academic achievements or milestones the school has attained over the past years under your watch?

The general performance has improved, discipline. Most of our learners are self driven and indiscipline cases have become minimal.

How has the performance of Paul Mukasa SS in national examinations reflected the

school's academic strategies and curriculum innovations?

Our school has been presented by learners at both district and national level in science competitions where our learners have performed well and recognized for example Nankabirwa Benita and Nansamba Sanyu.

What are some of the major challenges faced in implementing the new curriculum and how is the school addressing them?

Inadequate teaching materials, changing the assessment criteria every time and also the new curriculum and for senior five is not streamlined. Some teacher have not appreciated the new curriculum.

As a school, we have tried to print more learning materials integrating ICT a computer stimulation (Technology that enables the creation of digital models to represent real-world elements, behavior and systems)

Looking ahead, what is your vision for the academic transformation of Paul Mukasa SS in the next five years, especially in relation to national education reforms?

Paul Mukasa secondary school will be a centre of academic excellence producing holistic and very responsible citizens.

This is quite personal, but we have to ask... besides teaching, what else do you do?

I do farming on a small scale. I have an estate business.

Your last remarks to our esteemed readers of this magazine?

We wish the best to our esteemed stakeholders, looking forward to receiving many learners in this mighty school. I remain Mukasa Moses.



Pioneering The New Curriculum

How would you feel when it's you commencing with something new? To the many it would be just fine for each of them because new things come with something new still. Then to few, it would seem to be hectic to adapt to them. It all started in the a blink of an eye and then boom it's the New Lower Secondary Competence Based Curriculum which was an idea from the National Based Curriculum development Centre which was indented to equip learners with critical thinking and problem solving minds.

Everything seemed to be fun on the side of students in the first place not until they got to taste the bitterness of it all in the long run. As they got promoted to other classes, things became unbearable speak of the AOIs, CAIs project work and much more had totally changes. In the previous curriculum, it was teacher centered unlike this new one which was learning centered.

Teachers also experienced it their way because at certain point, they were also indirect students since they were also just learning how this whole idea was to be put into action. Retooling from the government, through the NCDC and UNEB were made so as to enable them also mend up the gaps. Many schools faced different red flags because the curriculum needed more the technological bits them since learners were entitled to make adequate research so as to well equipped and I guess the government had not yet planned well for such but thanks to the

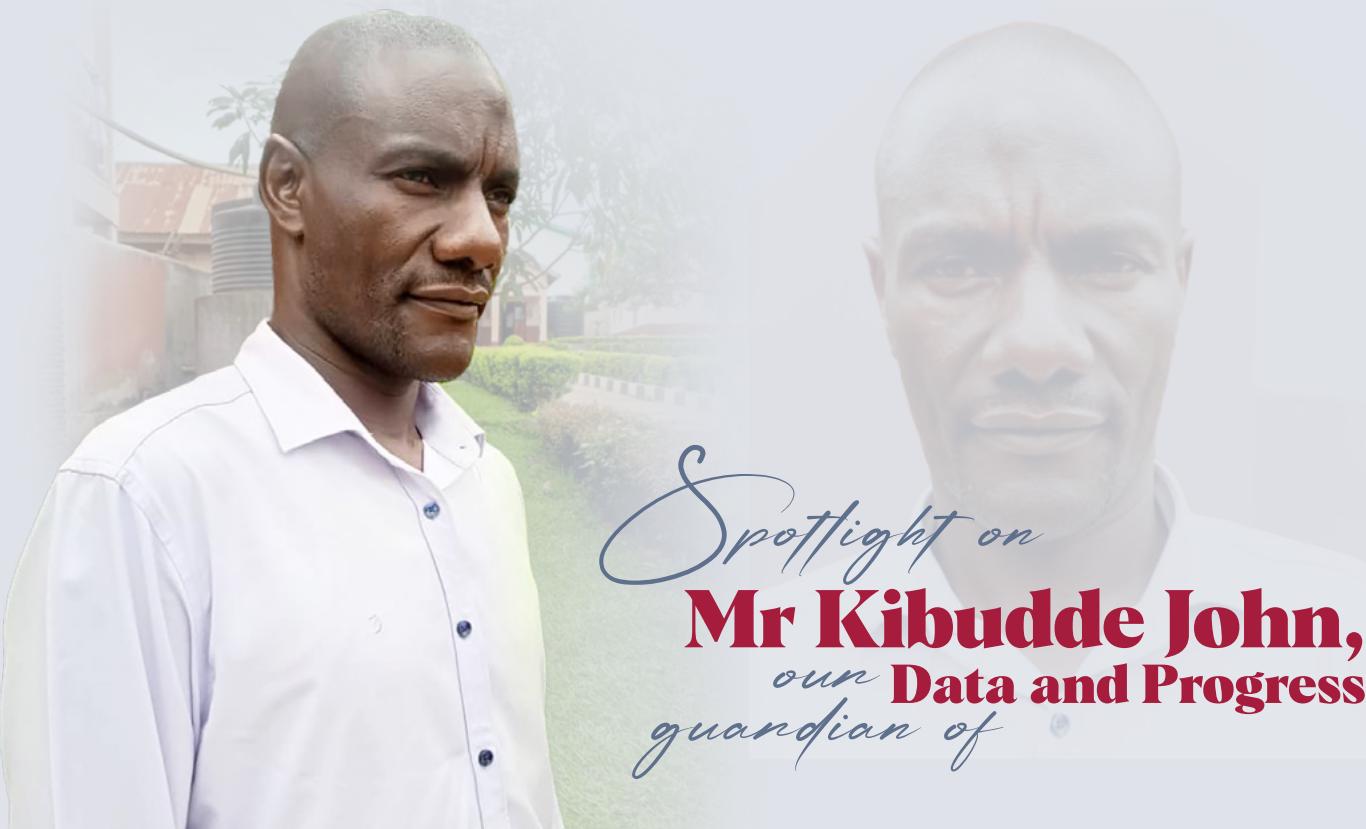
Ministry Of Education for their contribution towards the success of this curriculum.

Yes, now it has become a trend adopted by each and every one with the new kinds of grading As, Bs, Cs, Ds and Es but still it has been of a success just as you look at the previous year's results, I guess by the end of year 2030, it will be ranked the best curriculum because indeed it has equipped learners with skills which enable them be job creators not job seekers.

Thanks to NCDC and all schools country wide.

ACHOM MARY, S.5 Sciences





As Paul Mukasa S.S. Kigunga celebrates 25 remarkable years, we honour the pillars who have built our legacy. While buildings define a campus, it is the dedicated individuals within its walls who have shaped our journey of excellence. Among these foundational figures is Mr Kibudde John, a steadfast educator and the mastermind behind our school's data-driven success.

For **two decades**, since his arrival in 2004, Mr Kibudde has been a guiding force in our classrooms, demystifying the worlds of Physics and Mathematics for generations of students. His passion for these subjects has inspired curiosity and built a strong analytical foundation in countless learners, preparing them for the challenges of higher education and beyond.

Mr Kibudde's impact extends far beyond the blackboard. As our Teacher-in-Charge of Academic Data and Computer Systems, he has been the quiet architect of our school's efficiency and modernisation. In an era where data is king, Mr Kibudde has ensured that Paul Mukasa S.S. Kigunga not only keeps pace but leads with precision.

He has meticulously transformed our student records, creating a comprehensive and secure digital database of student bio-data. His system allows for the seamless generation of termly reports, complete with historical results, providing invaluable insight for teachers, parents, and administration. Embracing

the evolution of education, he has also meticulously documented all integration activities for the new lower secondary curriculum, ensuring we navigate this transition with purpose and clarity.

His work is guided by core principles that ensure our school runs like a well-oiled machine: He guarantees that every piece of information, from bio-data to school fees, is handled with precision and speed. He doesn't just store data; he unlocks its potential, providing reports that drive informed decisions and enhance teaching strategies.

He is the trusted guardian of our students' sensitive information, upholding the highest standards of privacy and security.

Above all, his system is a powerful tool to identify student needs, track progress, and connect learners with the support they need to thrive.

He is the go-to expert for staff and students, providing invaluable technical assistance and ensuring a smooth digital learning experience for everyone.

Mr Kibudde John is more than a teacher; he is a guardian of our institutional memory and a catalyst for our future growth. His 20 years of service represent a profound commitment to the heart of our mission.

As we celebrate our **25th anniversary**, we extend our deepest gratitude to Mr Kibudde John. Thank you for your dedication, your expertise, and your unwavering commitment to building a smarter, more organized, and more successful Paul Mukasa S.S. Kigunga.

A word from The Head Prefect

There is something truly special about being a student at Paul Mukasa Secondary School something that goes beyond classrooms, meals, games, timetables, and report cards. It's a feeling that lives in the corridors where laughter meets ambition, in the chapel where we whisper our dreams to God, and in the teachers' voices that echo with wisdom and care.

As the Head Prefect and a proud Senior Six student, I have had the privilege of not only studying here but also witnessing firsthand the transformation, growth, and spirit that make our school truly exceptional.

Paul Mukasa S.S is more than an institution; it is a home. It is a place where young minds are molded, characters are shaped and dreams are given direction.

Each day begins with the familiar rhythm of the school bell, followed by the hum of students moving to class, the voices of teachers guiding lessons and the laughter that fills the compound during break time. It's a rhythm that reminds us that learning is not only about academics it's about growth, friendship and purpose.

One of the greatest strengths of our school lies in the dedication of our teachers. They are not only our educators but also our mentors, counsellors and sometimes even our parents

away from home. They guide us with patience, challenge us to think critically and remind us that discipline and hard work are the real keys to success. Through their support, Paul Mukasa has continued to produce students who excel not just in academics but also in character and leadership.

The school's holistic approach to education balancing books with co-curricular activities has also been a foundation of our success. From debate competitions to sports tournaments, from Music and Drama to science fairs, every student has a chance to showcase their talent. These experiences teach us teamwork, creativity and confidence skills that go far beyond the classroom.

As the Prefectorial Body, our role has been to serve, to unite and to uphold the values of this great school. Leadership here is not about authority; it's about responsibility. It's about listening, guiding and setting an example for others to follow.

Together with my fellow prefects, we have worked to ensure discipline, promote harmony and make sure that every student feels proud to be part of the Paul Mukasa family.



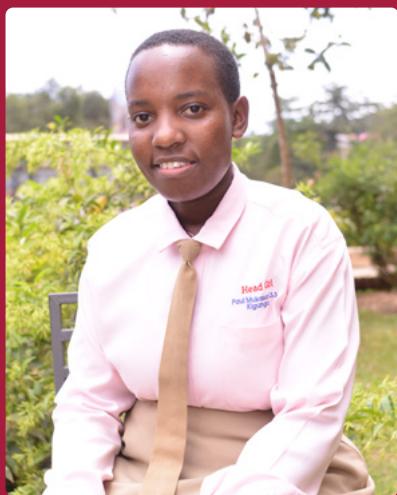
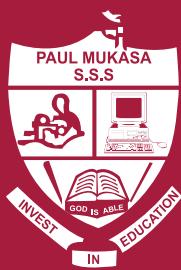
To my fellow candidates, as we prepare to take our final steps beyond these gates, let us carry with us the lessons we have learned here, the value of hard work, the strength of faith and the courage to dream big. Paul Mukasa has taught us to rise when we fall, to believe when others doubt and to lead with integrity wherever we go.

Indeed, Paul Mukasa S.S is not just a school, it's a legacy. A place that has turned countless students into achievers, leaders and responsible citizens. For God and my country

Muchangi Reagan, Head Prefect (S.6 Sciences)



Prefectorial Body 2024-2025



Prefectorial Body 2025-2026



2025 S.4 Candidates

Aba Asianzu Gillian
 Achakara Janet Mary
 Adiko Peace
 Adong Pauline
 Adrian Isaiah Waliggo
 Ainomugisha Daphine
 Ainomugisha Marshal
 Akello Angel
 Akisa Paula Martha
 Alibita Jeremiah Freezer
 Aminat Patience
 Amulen Jesca
 Amutos Agnes
 Asana Hope
 Athieno Laetitia
 Ayebare Naume
 Ayoti Sharon
 Bako Ronah Martha
 Bakule Erisa Herbert
 Bale Ashimu
 Balyejusa Abudalla
 Bamuzalawa Shakulu
 Bamuzza Baron
 Bawuza Grace
 Bbawuza Loyce Grace
 Birungi Anne Mellisa
 Birungi Daniella Namata
 Birungi Faith Geraldine
 Bonsuk Jackline
 Bulime Brian
 Busiku Phillip
 Bwire Vicky Joel
 Erima Shadrack
 Eyamu Humphrey
 Fungo Colline Essau
 Genowere Blessing
 Hirani Axin Dineshkumar
 Hirani Shruti Mansukh
 Ikumi Martha
 Kabugho Mariam
 Kabugho Scovia
 Kadyoli Tawuhidah
 Kakai Ahilam
 Kakooza Paul
 Kalungi Daniel
 Kalyango Ibrah
 Kamoga Devis
 Kamugisha Godfrey
 Kamugisha Steven
 Joshua
 Karugaba Shalam
 Kasadha Eleazer
 Kasana Sebastian
 Kasota Brian
 Kato Isaac
 Kazibwe Edirisa
 Kembabazi Patricia Night
 Kenganzi Devine

Kenyange Beatrice
 Karungi
 Khaukha Felix
 Kimenya Arthur
 Kimera Damascus
 Kiprotich Luke
 Kirunda Ronald
 Kisaakye Ruth
 Kitenda Jonathan
 Kiyemba Gideon Keith
 Konde Shaban
 Kubwa Elijah
 Kule Joshua
 Kwagalwa Shadrack Noel
 Kyagulanyi Jayson
 Ssentamu
 Kyakuwaire Shivans
 Waidhuuba
 Kyebambe Ibra
 Lamunu Patience
 Letasi Gladys
 Likico Edina
 Lubwama Craser
 Lukwago Mubarak
 Magera Raheem
 Magero Roden Sifuna
 Male Frank Richard
 Mateeka Radhan Apuuli
 Mbussi Gonzaga
 Monadil Amir Ali
 Monero Michelle Juliet
 Mugaiga Hope Lukwitira
 Mugalya Joel
 Mujjuzi Twaha
 Mukibi Derrick
 Mukisa Derick
 Mukisa Joel
 Mukite Claudia
 Mukoya Jeremiah
 Mukyla Parvin
 Murekatete Betty
 Musasizi Jordan
 Mutalya Timothy
 Mutebi Derrick Ronald
 Mutonyi Aisha
 Muwanika Reagan
 Mwambu Esther
 Mwebaze Joshua Kizza
 Mwesigwa Jenevieve
 Rebecca
 Nabakooza Janat
 Nabatanzi Shivan
 Nabbona Contilida
 Nabirye Naume Patricia
 Nabisere Rebecca
 Nabukanya Lopez
 Nabulo Jackie

Naddamba Mirembe
 Precious
 Nagawa Nisha Bangi
 Naguti Hope
 Naigaga Precious
 Kwagala
 Nairuba Patience Evelyne
 Najjemba Jemimah
 Najjuma Maria Sanyu
 Nakakande Shaimah
 Nakakuta Kizza Rebecca
 Nakalinda Shaluwah
 Nakaweesa Halimah
 Nakawooya Michelle
 Nakayimi Denise Angel
 Nakayima Resty
 Nakayiza Aisha
 Nakiwere Sharon
 Nakyanzi Jane
 Nakyanzi Yvonne
 Nakyeiyune Gift
 Nalugwa Maureen
 Nalukwago Nionah
 Nalukwago Teddy
 Nalumu Hanisha Musisi
 Naluyima Cleopatra
 Lwembawo
 Naluyimbazi Flavia
 Nalwanga Martha
 Namata Erinah Katrinah
 Namatome Shamim
 Madanda
 Namawejje Maria
 Namazzi Nakawojwa
 Alice
 Nambalirwa Daniella
 Nambi Hope Patrick
 Nambi Patience
 Nambuya Ariana
 Namirembe Victoria
 Nampindi Jamirah
 Namugambe Sheilla
 Rahumah
 Namugambwa Catherine
 Namugere Sania
 Namulawa Juliet
 Namulawa Patience
 Namuli Shakira
 Namuli Teopista
 Namulondo Aliyah
 Namulwanyi Faith
 Gwosulira
 Namusumba Sharifah
 Namususwa Mastura
 Namutebi Grace
 Namuyiga Leila
 Nandyowa Jaliah
 Nangobi Sheillah
 Nankabirwa Benithah
 Kyagulanyi
 Nansamba Bahati
 Elizabeth

Nantale Bridget
 Nantongo Sumayah
 Nanyange Mercy
 Nanyombi Anisha
 Nanyonga Patricia
 Nasabu Mona
 Nasasira Mercy
 Nassali Proscovia
 Nassanga Angel
 Nassazi Doreen
 Nassimbwa Shamillah
 Ndagire Patricia Mayanja
 Nganda Angella
 Ssekatawa
 Ngole Richard
 Nsubuga Davis
 Nyadoi Patronella Maria
 Nyadong Kueth Diew
 Nyakaisiki Masturah
 Nyamungu Lavlyn Melissa
 Nyanzi Jemimah Praise
 Nyanzi Joshua
 Odit Joshua Mukisa
 Odongo Victor
 Ofwono Brian Stanley
 Oguttu Percy
 Okada Mercy Palvin
 Olowo Michelle
 Omio Emmanuel
 Onyango Shalom
 Otukol Ourien John
 Vicent
 Promise Mercy
 Selule Kenneth
 Serukanya Barrack
 Shugira Jeremiah
 Ssali Elijah
 Ssangalyambogo
 Daphine
 Ssebagala Morgan
 Ssebuliba Moses
 Ssebulime Jovan Johnz
 Ssebyala Kaggwa Deo
 Ssekajja Daniel
 Ssemakula Robert
 Ssemwezi Godwin
 Ssenyonjo Joshua
 Ssenyonjo Latiph Kitiibwa
 Sserwanga Joseph
 Sumbatala Moureen
 Tushabe Nicolas Isaac
 Waiswa Shakul Junior
 Wambalo Matthew
 Wambi Swithin Harriet
 Wandera Christopher
 Wanyama Ian Jan
 Wasagali Martha
 Wogobi Simon Franco
 Yeyowere Precious
 Honour
 Zalwango Daphine



2025 S.6 Candidates

Abejja Patience Elizabeth
Acheng Rehema
Aikoru Janat Jojo
Ajwangi Rosemary
Akoti Jenisha
Alitesa Maria Lukaga
Amedee Mark
Arwai Brian
Atwiyirize Precious
Auma Goreti
Babirye Asiya Nabala
Babirye Esther
Babirye Gorrety Patrick
Babirye Naome Elizia
Birungi Marion
Bogere Bridget
Bugembe Faith Simon
Chepkwemboi Bellinda
Damulira Moses
Egunu Caleb
Esther Joy
Fungo Jeremiah Muyerero
Galabuzi Ismael
Ggita Henry
Hafusa Bint Hassan
Kabejja Shaniyah
Kabugo Patrick
Kabweru Joshua
Kagimu Gideon
Kahunde Carolyne
Kangave Aron
Kasemeire Sheila
Kasimagwa Silver

Kataike Beatrice
Katamba Newton
Kauma Rajati
Kavuma Derrick Kisakye
Kawesa Trevor
Kawuka Shakul
Kayanja Livingstone
Kibuuka Jonathan
Kigenyi Junior Joram
Kiiryia Tony
Kikabi Alvin
Kirya Microse
Kisakye Deborah
Namugenyi Ritah
Kisakye Joy
Kisigit Edgar
Kissa Dominic
Kiwala Patricia
Kyambadde Godfrey
Kyobe Jonathan
Loiki Mandy
Longoko Annah
Lubowa Jeremiah Evra
Lyaka Patience
Madyembe Owen
Magona Bright
Masiga Emma
Masika Lawrence Xavier
Mayokia Getrude
Mbaziira David
Musajawaza
Mbidde Brian

Muchangi Rigan
Mugalu Tonny
Mukaga Vincent
Munyesi Annet
Mupuya Isaac Newton
Mutonyi Clare
Mutumba Morris
Muwanguzi Mathias
Muwanguzi Micheal
Mwangana Abbey
Mwaule Peter
Mwesigwa Dan Yusufu
Nabatanzi Monica
Nabatereggia Desire
Winslet
Nabirye Mercy
Nabisere Joanithah
Nabukeera Peace
Nabwire Joviah
Nagawa Patience Justine
Nagwere Sharif Muzamiru
Nakagayi Mirika
Nakate Esther Joy
Nakidde Lilian
Nalukwago Maria Gorrette
Namakula Roshan
Florence
Namalwa Nisha
Namubiru Claire Linah
Namugayi Teopista
Namusoke Sharifah
Namwase Ketty

Nanfuka Mastula
Nangobi Mary
Nassaba Ibrahim
Nassali Vivian Jane
Nassanga Angel
Nekesa Faith
Nkubitto Richard
Nsubuga Edward
Nyadoi Peres Grace
Nyakato Catherine
Nyangoma Charity
Odeke Lawrence
Okiria Aaron Oule
Oziti Phostine
Pandya Anila Kumar
Panyako Collins Daniel
Segawa John
Ssebuliba Fahadi
Ssekandi Tonny
Ssekonde Musisi Sylus
Ssessimba Patrick
Ssuubi Isaac
Tebysa Joel
Tuuka Brave
Uwase Angel
Wakipiri Victor Chacha
Walugembe Henry
Musanje
Walusimbi Imran
Wambazu Sam
Wani Benard
Wembabazi Elvis Omar





Kwame Nkrumah



A continent's demand for Integration, Cooperation And Unity.



A sounding continent, one with the desirable weather and soils fertile with treasures. Has long been driven by aspirations for unity and cooperation within its 54 sovereign countries with territories. The one that when to its grass roots through Pan Africanism emphasizing solidarity and collective progress. I guess you now get the continent.

"AFRICA," the black continent pioneered and led by the first and late Kwame Nkrumah of Ghana championing Union of African states and independence demand Julius Nyerere, Mwammar Gaddafi of Tanzania and Libya respectively all fighting after seeing the sweet fruits of union.

These surely portrayed a pillar of integration and left a legacy of visionary leadership. Can't this be used to let the unity be?

Can we trust the African Unity initiative of with the 2063 agenda? This preferably outlines aspirations for an integrated, prosperous, peaceful and United Africa. But as if the agenda is a weak one, can't we borrow a leaf from the East African Community integration, member states of Kenya, Uganda, among others showcase regional cooperation with initiatives like common market, security and other benefits.

Really isn't this visible and heart soothing to the other African leaders.

As the sun sets over the savannas of Serengeti, of Lagos, it draws a continent filled with potential. The potential that is broadened as African nations unite in search for the long-awaited dreams. African unity is a journey that can be accomplished by passion, resilience and possibilities coming together under diverse cultures, histories and aspirations. Dear leaders of Africa, it is call to us all.

LET'S UNITE AFRICA, LET'S ENJOY AFRICA, LET THEM ENJOY AFRICA.

FOR GOD AND MY CONTINENT AFRICA

Nsereko Latif

What I See as a student

As a student, I see school not just as a place of learning but as a mirror of life itself. Every day presents lessons that go beyond the pages of textbooks, lessons about resilience, discipline, teamwork, and self-discovery.

I see a community where dreams are born, nurtured and sometimes tested, but never abandoned. Within the walls of the classroom, I see the spark of curiosity that drives us to question, to explore, and to understand the world around us.

I see teachers as the quiet architects of our future patiently shaping our thoughts, correcting our missteps, and guiding us toward purpose. Their words remind us that success is not only measured by grades but also by growth in character and wisdom.

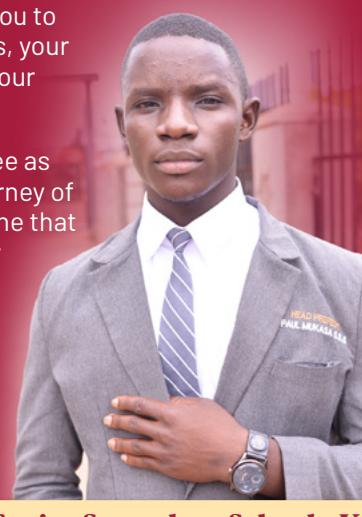
II I see my fellow students as dreamers, each carrying silent ambitions, hidden struggles and boundless potential. Together, we form a mosaic of determination that gives school life its meaning.

Beyond academics, I see the beauty of friendship, the power of unity, and the joy of shared achievements. I see how every challenge whether a tough exam, a failed attempt or a misunderstanding becomes a stepping stone toward maturity.

In this journey, I have learned that being a student is not merely about passing through school, but allowing school to pass through you to shape your values, your confidence and your vision.

In short, what I see as a student is a journey of transformation one that turns uncertainty into confidence and effort into excellence.

*Lukindu Arthur,
S.5 Sciences*



African leaders Drunk on Power

Across the African continent, power has too often become a dangerous temptation. Some leaders, entrusted to serve their people, instead become intoxicated by authority, prioritizing personal gain over public good. When this happens, constitutions are bent, elections manipulated, and voices of dissent silenced, leaving citizens frustrated and voiceless.

The consequences are visible everywhere: schools underfunded, hospitals struggling, roads unbuilt, and opportunities lost. Corruption and nepotism thrive when leaders cling to power for too long, forgetting that true leadership is about service, not dominance. Fear replaces dialogue, and societies stagnate under the weight of unchecked authority.

Yet, history reminds us that power is not forever. From peaceful protests to democratic reforms, Africans continue to rise against leaders drunk on power, demanding accountability and justice. Leadership is not measured by years in office but by the lives touched, opportunities created, and the institutions strengthened.

For Africa to thrive, its leaders must sober up from the intoxication of authority, remembering that power is a trust, not a privilege. Only then can we build a continent where leadership serves the people, not personal ambition.

Kedi Kenneth, S.3B.





S.4 & S.6 Leaver's Dinner







Paul Mukasa Senior Secondary School - Kigunga







Baganda

The Baganda people are a vibrant force at the heart of Uganda's rich cultural heritage. As the largest ethnic group, they have a deep history centered around the Kingdom of Buganda, where tradition and modern life blend seamlessly.

At the center of Baganda identity is the **Kabaka**, the king who unites and guides his people. The Baganda speak **Luganda**, a language full of wisdom and powerful sayings. One of the most famous is, "**Omuntu ngumuntu ngabantu**" "A person is a person because of others." This teaches the importance of community and caring for one another.

Family is everything in Baganda culture. From the lively **Kwanjula** ceremonies, where families formally meet before marriage, to the beating of the **engalabi** drums in dances like **Bakisimba**, every tradition tells a story of strength, unity, and joy. Another wise slogan is, "**Tewali muntu asobola kujjukira nga yafuula**" "No one can remember while still alive." It reminds us to respect elders and learn from those who came before. The Baganda culture is a living legacy, reminding all Ugandans that our roots, community and traditions shape who we are yesterday, today and tomorrow.



The Bagisu to the World

A mysterious culture rises, From the mountains to the low land, Spreading joy and peace, To the surrounding communities.

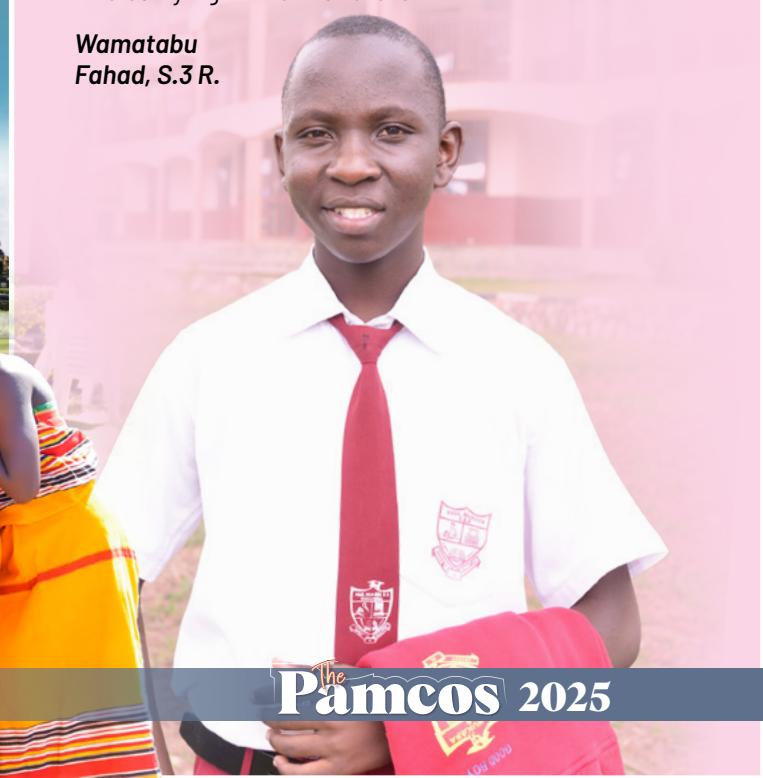
With brave men and women, Dancing to the tunes of the sound The sound that raises the heartbeat, Increasing the blood pressure.

Locally known as Kadodi, The sound of joy from the drums, Attracting the attention of people, Calling all to witness the rhythm.

Listening to the music, Singing the songs of joy Songs that lead to manhood, Where boys become men.

A cultural activity, An initiation to manhood **Circumcision** Rising the spirit from the past, And carrying it into the future.

Wamatabu
Fahad, S.3 R.



The hubris of Tooro Kingdom

Essentials of Toro kingdom

• Oral Tradition and Patriotism:

The Batooro people have a rich history of storytelling, with a strong value placed on their kingdom and tribal identity, instilled in children from a young age.

• Empaako Naming System:

A significant cultural practice, Empaako involves giving a child a special pet name, which fosters social unity, respect, and serves to defuse tension.

• Indigenous Handicrafts:

The culture features exquisite indigenous handicrafts, such as basketry, created by women for household use and winnowing.

• Traditional Agriculture and Economy:

Agriculture is central, with millet, plantains, cassava, and yams as staple crops. Historically, there was a social distinction between the formerly pastoralist Hima and the farming Iru.

• Social Structure:

The Batooro society was historically stratified, with lineages having heads who acted as fatherly advisors and settled disputes.

*Proud to be a mutooro
Nyangoma Charity Guntasha Amooti*

The people of Tooro, known as the Batooro are proud and culturally rich community, numbering approximately to the millions vehement. they cherish a vibrant heritage of oral traditions, deeply ingrained tribal customs 'elegant and exquisite indigenous handcraft, a vehement sense of patriotism and a profound self-esteem. In keeping African traditions, Batooro children are instilled with a deep homage and high regard to their elders, and recognizing the wisdom and experience

Furthermore, they are taught from a young age to love and take immense hubris in their tribe and kingdom.

Traditionally, for instance, a mutooro was expected to speak with a certain decorum, avoiding words or utterance that would distort the mouth and detract from one's dignified appearance

Interestingly, this adherence to tradition inadvertently posed a challenge of many Batoro when attempting to pronounce certain foreign words effectively all this embraced under the aid of Omukama Oyo Nyimba Kabamba I guru Rukidi IV, a young and vibrant custodian of tooro's rich.





Unnevealed Facts About India



King Bharata



India, Bharat or Hindustan? What is the actual name? A surprising fact, they are all names of one country, India! Unbelievable! The name 'Bharat' was derived from an ancient king, king Bharata, a legendary ancient ruler.

'Hindustan' is a Persian name that means 'land of the Indus' also used to refer to the religion 'Hinduism'. Finally, the common name, 'India', that comes from the Greek and Latin names for Indus River. This India is located in southern Asia bordered by countries and rivers

The Indian cuisine. What's better than enjoying a variety of flavorful dishes mixed with aromatic spices? Sounds yummy right? The dosas and idlis from southern, the tikkas and paneer from Northern, momos and thukpa from eastern, dhokla and thepla from western and not to forget the yummy Bengali sweets like rasgulla, Gulab jamun and jalebi, something

not to be missed

The ceremonies, globally India is well known for many ceremonies like Navratri, Holi, Diwali and much more. They all originate from the popular religion, Hinduism a religion containing many gods, Krishna, Ganpati, Shiva and others.

Navratri, where Shiva had a journey of 9-10 days to kill Ravan to save his wife Sita. These ceremonies also determine the outfits to be worn and it is the most enjoyable function of all

India is a good place to explore, it has many places that hold different meanings like the statue of Mahatma Gandhi in Gujarat who led India to her independence. There is also the Taj Mahal in Agra, Charminar in Hyderabad and River Ganga in Yamuna. It has more different places to explore, learn and enjoy!

Afreen Ahmad, S.2 Y.





The Busoga Heritage

The Busoga Kingdom, gracefully spread along the northern shores of Lake Victoria, stands as a living testament to the resilience, unity, and rich culture of its people.

Its heritage, carefully nurtured over centuries, is reflected in the customs, beliefs and traditions that define the Busoga identity.

Central to this legacy is the Kyabazinga, the kingdom's revered monarch, who symbolizes unity among the numerous clans and chiefdoms that make up Busoga.

/// The Kyabazinga is more than a political figure; he is the custodian of culture, the guardian of ancestral wisdom, and the living bridge between the past and the present.

Festivals and royal ceremonies remain vibrant expressions of this heritage, bringing together music, dance, and storytelling in ways that connect young

and old to their roots. From the rhythmic beats of the engoma to the eloquent oral histories recited by elders, every tradition carries the essence of Busoga's past, its values and its social cohesion.

Even as modernity introduces new ways of life, the kingdom's heritage remains alive, reminding its people that their identity is inseparable from the legacy of their ancestors.

The Busoga Kingdom, under the watchful guidance of the Kyabazinga, continues to celebrate its history while inspiring pride, continuity and a sense of belonging for generations to come.

**Babirye Gorreti, S.6 Arts and
Nassaba Ibrahim, S.6 Arts**



Religion in the 21st Century

Religion has always been a big part of human life. From the ancient stories to the celebrations in our communities, faith shapes who we are. But as we live in the 21st century, religion is changing in ways we never imagined. Today, technology connects us like never before.

We watch sermons on YouTube, join online prayer groups on WhatsApp and even listen to spiritual music on our phones. This

digital wave means religion is no longer limited to churches or temples, it is everywhere, anytime.

Young people in Uganda and around the world are also asking new questions. Instead of just following rituals, many want to understand how religion fits with science, fairness, and real-life problems like poverty and climate change. This makes religion more personal and practical.

At the same time, religion continues to unite communities, offer hope, and teach values like kindness and respect. Whether in rural villages or busy cities, faith remains a source of strength. In the 21st century, religion is not stuck in the past. It is blending old traditions with new ideas, helping us navigate a fast-changing world with hope and meaning.

Oule Aaron S.6 A



Living a Purposeful Life



Dear students, as we walk through this academic journey, remember that life is more than exams and grades. True success lies in discovering your purpose and living with intention.

Challenges will come with pressure, doubt and distractions. But these moments are not obstacles; they are opportunities to grow.

Trust in your abilities, and don't be afraid to ask big questions about who you are and what you stand for.

Faith, whether in God, yourself, or a higher ideal, fuels resilience. It gives you strength when the path is unclear. Believe not only in the knowledge you gain but also in the values you hold integrity, kindness and courage. Your

education is a tool, but your character shapes your legacy.

Strive not just to be smart, but to be wise. Let your actions inspire others and leave a positive mark on your community. Remember, the future belongs to those who dare to dream and work hard with faith in their hearts.

Osito James S.3 B

Islam in our School

At Paul Mukasa Secondary School, Islam holds a respected and valued place within our diverse community. The school embraces students from all faiths, promoting unity through understanding and mutual respect. For Muslim students, the environment provides space for both academic and spiritual growth.

Our administration recognizes the importance of faith in shaping character and moral values, and therefore ensures that Islamic practices

are supported and respected.

Muslim students actively participate in prayers, religious discussions, and community activities that strengthen their faith. Every Friday, the Muslim community gathers for Juma prayers, guided by their student leaders and teachers of the Islamic faith. These moments are not only spiritual but also foster discipline, humility and a deep sense of belonging.

// The presence of Islam in our school also teaches all students the value of tolerance and peaceful coexistence. Through interactions across faiths, we learn that diversity is not a barrier but a blessing one that broadens our understanding of the world and enriches our school culture.



Indeed, Islam at Paul Mukasa S.S is not just a religion practiced, it is a light that contributes to the moral and spiritual fabric of our school. It reminds us all that true education nurtures both the mind and the soul.

Igulu Ahmad, S.3.



A successful Man

A man who wants to have a successful life must work hard so that he can have a sustainable living. He must not be so proud and have no fear.

These troubles come and go every day and minded people do not care. Be innocent, then enjoy your own life without making comparison.

No one will notice your tears but they will notice friendship smile, wide and laughter. There will be a lot of change within you. Whoever tends with you in the rain, has a right to stand with you in the sun. success has a lot of feathers but rather, failure is an orphan to a man.

The better strategy is that a man should keep silent home because it

is the best ship home. for a man who comes against your way of mooching your success has no right to know what foxes did to you.

A successful man knows the feeling of walking on a slope on a straight road with hopes of reaching reliable objectives. That's who a successful man is.

Wamuyale Pius, F.3 Blue





Some of our
**Prominent
Alumni**



Eng. Semei Ssekajja	Agricultural Engineer
Rev Fr Musoke	Priest/Rector
Counsel Ssebadawa Samuel	Lawyer
Ms. Watera Edith	Medical Personnel
Ms. Namirembe Merabu	Medical Personnel
Bagoole Kennedy	Doctor
Nyanzi Herman	Software Engineer
Nakibinge Simon	Engineer
Kabili Elisa	Doctor



The Pamcos

My story at and beyond

Oh Paul Mukasa Secondary School, what a fantabulous journey it was to be in there!

I came to know about this school as PAMCOS during my Ordinary level of secondary education and so this escalated my desire to join it, increased the urge to work harder so as to be admitted for high school (Advanced level) in it.

After finishing my UCE exams in 2019, I had to put it amongst my choices and so

I was admitted a day before the Covid-19 outbreak in 2020.

Oh what a bad experience that was at first, going back home for the nationwide lockdown without making friends!

Coming back to school after the end of the long nationwide lockdown as a BCM/ICT student, it wasn't so hard for me to make more new friends because I had already made some, so it just demanded me to know their real faces which were an easy task.

Starting with physical lessons was as easy as ABC because the teachers were so friendly and parental, so I couldn't even feel left out

and this further gave me the best atmosphere to adapt and faster, and the new school was like a family to me. I couldn't feel the burden of A Level because I had a strong support system around me.

Oh, how could 2 good years run so quickly that UACE exams were now knocking around the door! The thoughts of missing a once my good home with loving and caring friends and teachers started to ring in my mind.

2 weeks to briefing ran like a second that it was then the briefing day, having gotten done with briefing, I stood in front of the school administration block and started imagining how I could live in my form six vacation without stepping in this mighty and great school, PAMCOS.

During UNEB period, the administrators and teachers were like my fellow brothers and sisters, started mentoring me how to live while in vacation and also at campus.

When the results come back in April 2023, I had scored 18 points (CAA, D2, D2) for (BCM/ICT/GP) respectively, and also ended up getting the government sponsorship for Bachelor of Medicine and Bachelor of Surgery (MBChB) in Soroti University for the 2023/24 intake which I am happily pursuing and I am currently in third year of my academic journey.

To anyone reading this, I hope you also bring your friends, siblings or other relatives to the great Paul Mukasa Secondary School so that they can also feel this marvelous and precious experience.

Huge and special appreciations go to my teachers, specifically Mr. Muyonga Ronald, Mr. Kibbumba Derrick for giving me a parental-brother treat and mentoring me during my stay at Paul Mukasa SS.

Thanks for reading. Viva Paul Mukasa SS

Rwothomio Franklyn (Alumnus)

Rwothomio Franklyn
MBChB





Meet Counsel
Samuel Ssebadduka
of M/s Samuel Ssebadduka & Co. Advocates,
an Alumni of Paul Mukasa S.S.

Please give us a brief introduction of who you are and what you do

I am Samuel Ssebadduka, a lawyer by profession working under M/s Samuel Ssebadduka & Co. Advocates in Mukono Town. Our office is located at Bishop Tucker Road, Mukono Diocese Pension House, Room No. G09, P.O. Box 151896, Mukono. I am the managing partner at the said law firm. I was born and raised in Seeta-Mukono District.

I studied from Seeta Church of Uganda Primary in Seeta for my primary education. I then joined Paul Mukasa S.S. in 2005 to 2010 for both my O and A level. I later joined Nkumba University and graduated with a Bachelors Degree in Law. In 2016, I joined the Law Development Center and graduated with a Post Graduate Diploma in legal practice. I enrolled as an advocate of the High Court in Uganda on the 27th day of October, 2017.

How did the school environment, teachers, and culture at Paul Mukasa SS influence your academic, social, or spiritual growth? Looking back, what are some of your most vivid memories from your time at Paul Mukasa SS moments that shaped who you are today?

We had enough physical space at school and we had a good Teacher-Student relationship. We had great emotional support from all staff members at the school and this influenced my ability to concentrate at school. All this influenced my ability to concentrate and develop essential life skills such as confidence which are all key in life and in my legal career.

One of the most vivid memories is that I made friends and some of them are still in my life up to date. I still walk with those friends and I have been able to make even more in the legal profession.

Another fond memory is us

waking up for morning preps by our warden then Mr. Kisamba. It is from such experience that made me mature enough to understand the value of time because failure to wake up had consequences; **Even today in the legal profession, time is a lawyer's 'stock in trade'**. While at Paul Mukasa SS, I started working hard towards my goals and career. Keeping time stems from my earlier days in school.

Were there any challenges you faced as a student, and how did the school help you overcome them?

School fees was an issue but the Bursar had a listening ear. Later, I got a school bursary after my good performance.

I was sickly while at school but there was a well equipped sick bay with professional nurses.

Academic stress was another challenge but the school had an engaging environment, talks from

Miss Nakamanya Prossy and Mr. Kisamba eased things for us.

If you could relive one day at Paul Mukasa SS, which day would it be and why?

I recall those days in A' level, I would look up to that day my name was read at the school assembly as the best student in class. Such were moments of great pride, they pushed me and kept me focused. Up to today, I never want to be last in anything, I look up to always being the best person in life.

What values or lessons from Paul Mukasa SS still guide your decisions and attitude in life today?

Integrity and Honesty; these two are key up to date given the nature of my work since clients want to deal with someone who has a blend of such values.

Accountability and Responsibility; taking ownership of one's actions and decisions.

Also meeting deadlines and delivering quality work. These are values we learnt from class and I still practice them in my professional life. All these guide my decisions and attitude in my work today.

Another is Respect; it is vital to respect everyone such as clients, colleagues at office, court officials among others.

Critical thinking and problem solving; School inculcated in us the ability to analyze and evaluate information which is key in life and even in the work we do today.

What were some of the biggest transitions or challenges you experienced after school, and how did you handle them?

After school, I had future uncertainties, I had anxiety about my career path and some financial constraints. I also got social and emotional pressures after school from my community before I started work. Still, I was bullied at school, in my society and at work.

I had a strong support system from family and friends and this enabled me to overcome my earlier challenges. I also set realistic goals for myself and also practiced self care to beat any kind of stress. Lastly, I had open communications with people I trusted.

Did you ever think you would become a lawyer in life? At what point did you align your focus to such a dream?

Yes, in my S.5 I started focusing on becoming a lawyer. Besides, I have an uncle and mentor (Mr. Semakula Patrick) who is a lawyer. He is one of the best lawyers I know. I was inspired and mentored by him.

What message would you give to your fellow alumni about staying connected and contributing to

the growth of their alma mater?

My message to the Alumni is; our time at Paul Mukasa SS gave us not just education but life long memories, valuable skills and friendships that have stood the test of time.

/// To my fellow alumni, as we move forward in our diverse paths, the power of our shared history at Paul Mukasa S.S. and collective network only grows stronger. Therefore, I invite all our old boys and girls to actively reconnect and stay engaged with our school and with each other.

What words of encouragement would you share with the current students of Paul Mukasa SS who are striving to achieve their dreams?

You should always pray and trust in the Lord. Believe in you selves, you should also work hard and dream big. Above all, you should be disciplined.

Finally, how would you describe Paul Mukasa SS in one powerful phrase that captures its true spirit and legacy?

Paul Mukasa is a supportive community. That is how I would describe my school.

People should always consult before they take decisions or do anything legally related.

Advice





The world of **Debate**

Today, very many students have picked interest in joining the debate club. Their inspiration is from the current debates, public speakers and politicians.

Many of these voices of nature (debaters) have got a chance to travel continents and explore the world to attain experience.

Debating has lately been described beyond a word. It has been proven to be a platform for latent value, hope and a world of change. Debaters have been approved as the voice of the voiceless.

Being a debater is not easy thin but rather needs pessimist complaints on how you can actively seek for character change, improvement and resilience. Once you discover this, then debate is never to be rocket science.

The day I discovered the ease in debate, is the day I realized that all the negatives about this argument are amiss. I learnt to speak out on what is wrong, I am now a freedom fighter, rights activist and the sermon of reality.

Debate is a platform of gender talks about equality rejuvenating self esteem and confidence. It is a world where everyone is treated in the same favoritism, a fight of incredible strength of the furthest star.

Light your world with the power of debate and speak out your view to the public. Debate is a world of change

**Nankabirwa Benitha Kyagulanyi,
S.4 R**



What is the big deal about school? Is there anything that can nurture minds and shape futures?

Yes, I thought of academics. Academics, build up a sounding and a turning point of a student's educational odyssey profoundly influencing their cognitive development and creating a world of opportunities to the achievers. I call it a sophisticated realm of higher secondary schooling, have learnt about this being an ultimate platform for molding individuals, intelligence and personal tragedies.

From Biology classes to G.P classes, laboratories and school life, all under brackets of academics which is a huge part of being a student, the art students use

to grasp knowledge from teachers is also still hidden, what is the secret behind learning?

One scholar said that the reason for the invention of education was to create a world of workers and not thinkers, could this be true? Of course academics make us bosses to skills, better at thinking, problem solvers, coordinators and yes inventors mostly in this new curriculum which is critically learner centered.

Despite the fact that it makes us grow, the biter truth comes as academics become the capital city of holder of stress, let them be grades, tests,

some teachers and then the true movie comes in when one is to choose the desirable subjects which are thought to build the futures. Parents, teachers and my fellow students are all on the same path of academics, can't it be made more interesting?

Personally, driving academics, they are possibly challenging, important, stressful but then interesting. Academics can be the launching point of the new better story. They aren't about textbooks just neither are they driven by exams and grades but they narrate growth, discovery and possibilities.



Think about every night lesson, stress, project work and other struggles as the opening doors to your chapter through academics.

What do you think about academics? What is the big deal and secret behind? Could it be a driver to solving problems, light up paths or a point of destruction as people think? What is on your mind?

NSEREKO LATIF, Chief Judge, S.5 Sciences.



Faith and belief are two ideas that guide many of us every day. While they are closely related, they are not exactly the same. **Belief** is what we accept as true. It's in our minds the things we learn, the values we hold, and the truths we accept. For instance, we may believe that education opens doors or that

Faith and Belief

kindness builds strong communities.

On the other hand, **faith** goes deeper. It's about trust and confidence, especially when things are uncertain. Faith means holding on to hope, even when challenges arise. In Uganda, faith is a source of strength. Whether in God, in family, or in ourselves, faith

helps us keep moving forward. Together, faith and belief shape our actions and inspire us to overcome hardships. They remind us that even when the road is tough, there is always a reason to keep believing and trusting. In the end, belief informs our minds, and faith empowers our hearts.

Oule Aaron S.6 Arts

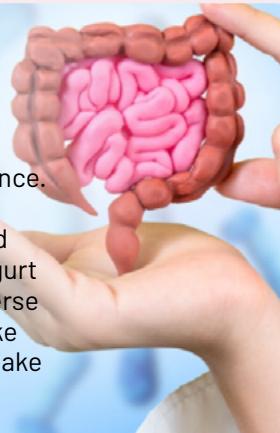


Nyanzi Joshua S.4 Y

Gut Health; Your second brain

Your gut is home to trillions of microbes that do more than digest food, they influence your immune system, mood, and brain function. This gut-brain connection means poor gut health can lead to anxiety, fatigue, and even

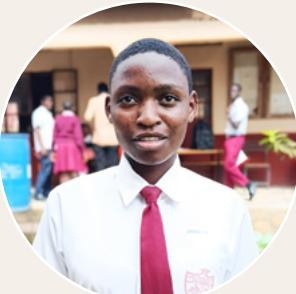
poor academic performance. Eating fiber-rich foods like fruits, vegetables and fermented items (like yogurt and kefir) supports a diverse microbiome. In short: take care of your gut, and it'll take care of you.



Eye Health

Staring at screens for hours leads to digital eye strain, blurry vision, headaches, and dry eyes. Long-term exposure to blue light may also disrupt sleep. The 20-20-20 rule helps: every 20 minutes, look at something 20 feet away for 20 seconds. Adjust screen brightness, reduce glare, and try to limit recreational screen time. Your eyes, like any muscle, need rest and care.

Namususwa Mastura S.4 B



Impact of Chronic Stress

Stress isn't just a mental state, it triggers a physical chain reaction. Chronic stress elevates cortisol, weakens immunity, raises blood pressure and disrupts sleep. For students juggling exams, extracurriculars and social life, stress management is crucial. Deep breathing, mindfulness, regular breaks and even journaling can regulate stress. Managing it isn't a luxury, it's a health priority.

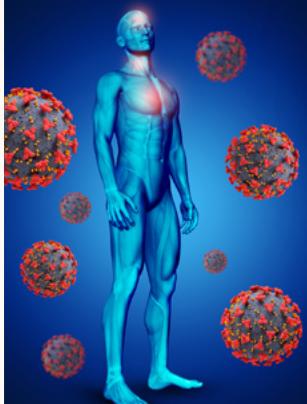
Nakaweesa Halima S.4 Y



Immune Health beyond supplements

Many people reach for vitamins when flu season hits, but immune strength is built daily. Quality sleep, regular exercise, balanced nutrition and hygiene are the real immune boosters. Vitamin C helps, but zinc, vitamin D and antioxidants from whole foods are equally important. Real health doesn't come in a pill, it comes from consistent habits.

Kisakye Ruth Bianca S.4 Y



The role of Sunlight in health

Sunlight stimulates vitamin D production, which is essential for bone strength, immune function, and mood regulation. Lack of sunlight, especially

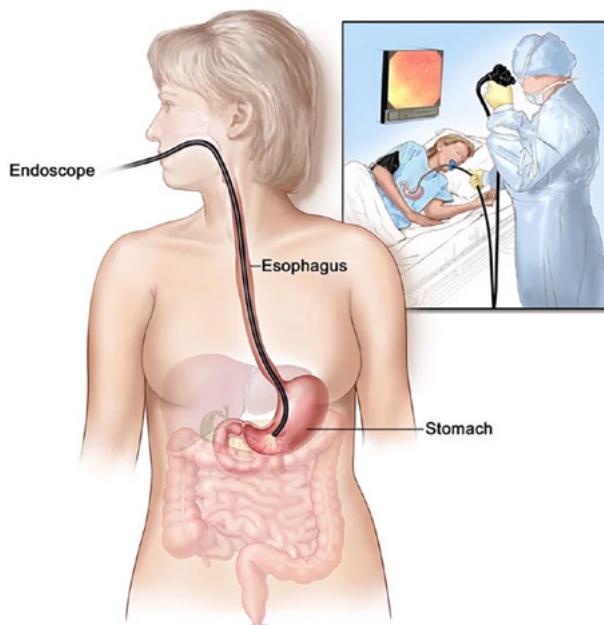
during winter or in screen-heavy lifestyles, can contribute to fatigue and depression. Just 10-15 minutes of morning sunlight on your skin can boost

your mood and energy. Protect your skin, but don't hide from the sun entirely.

Nalwanga Martha S.4 R



The wonders of Endoscopy



Imagine being able to see inside the human body without making large surgical cuts. Thanks to modern medical technology, doctors can now do exactly that with a procedure called **endoscopy**. It may sound complicated, but it's actually a simple and powerful technique used every day in hospitals around the world.

Endoscopy involves

using a long, thin, flexible tube called an **endoscope**, which has a small camera and a light at the end. This tool is carefully inserted into the body, usually through a natural opening like the mouth or anus. As the endoscope travels through, it sends real-time images to a screen, allowing doctors to see inside organs like the stomach, intestines, lungs, or bladder. In some cases, the

endoscope can even be inserted through a small cut in the skin to look inside areas like the abdomen or pelvis.

The main purpose of endoscopy is to investigate symptoms such as stomach pain, bleeding, or difficulty swallowing. It helps doctors find conditions like ulcers, inflammation, or even cancer at an early stage. But endoscopy isn't just for diagnosis, it can also be used to perform minor treatments, like removing small growths or stopping internal bleeding, all without the need for major surgery.

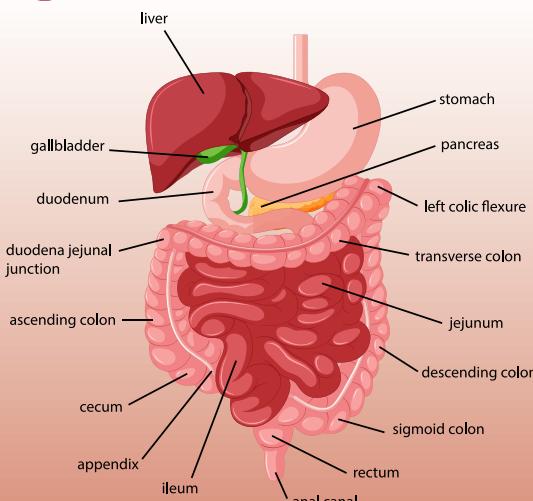
Most patients feel a bit nervous before their first endoscopy, but the procedure is usually quick and not painful. Doctors often give a light sedative or a local anesthetic to help the patient stay comfortable. Because it's a minimally invasive technique, recovery time is short, and many people go home just a few hours after the

procedure.

Endoscopy is becoming even more impressive. There are now tiny capsule cameras that can be swallowed like a pill, taking thousands of pictures as they pass through the digestive system. In some hospitals, robotic endoscopy tools are being used to perform highly precise procedures. Artificial intelligence is also being developed to help detect diseases more quickly and accurately during an endoscopy.

Endoscopy is a perfect example of how science and medicine work together to improve lives. It allows doctors to look inside the body, solve health mysteries, and treat problems; all while keeping the patient safe and comfortable. As technology continues to grow, endoscopy will remain one of the most important tools in modern healthcare.

Mateeka Radhan S.4 R



Digestive System

A healthy digestive system is fundamental to the optimal functioning of the human body, serving as the gateway through which nutrients are absorbed and waste is eliminated. Its complexity extends beyond mere digestion, intertwining with immune health, neurological balance, and even emotional well-being through the gut-brain axis.

To maintain its integrity, one must adopt a holistic and disciplined approach. A diet rich in diverse plant fibers feeds beneficial gut microbiota, which in turn produce short-chain fatty acids vital for colon health and systemic anti-inflammatory effects. Fermented foods like kefir, sauerkraut, and miso introduce probiotics that enhance microbial diversity, while prebiotics such as inulin from onions or chicory root support their growth. Hydration plays a crucial role, facilitating enzymatic activity and the smooth transit of waste.

Chronic stress, often underestimated, can dysregulate gut motility and microbiome composition via cortisol and sympathetic nervous system activation, making stress management a physiological necessity. Regular physical activity, mindful eating practices and avoidance of unnecessary antibiotics or ultra-processed foods further preserve digestive resilience.

In essence, digestive health is not merely the absence of discomfort, but a dynamic balance requiring nourishment, movement and mental stillness to sustain the body's most intricate and essential processes.

Kyanja Livingstone,
S.6 Sciences.



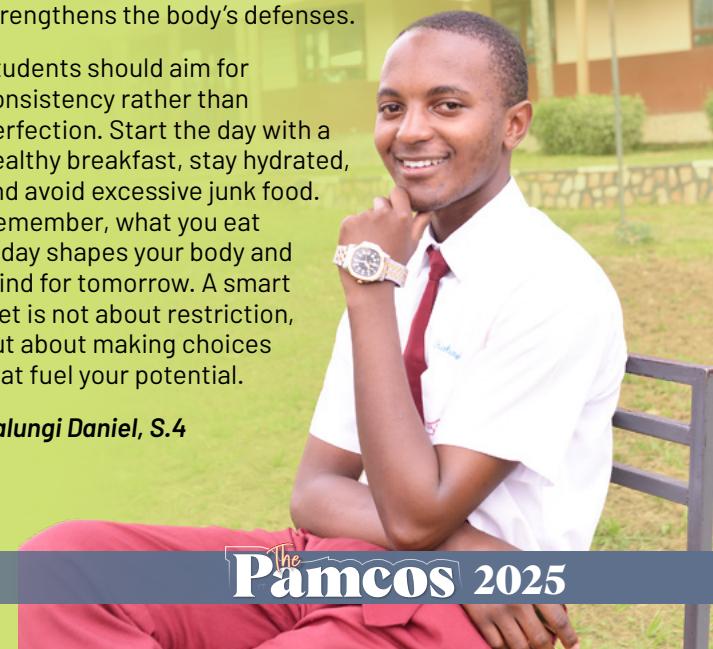
A balanced Diet

In today's fast-paced world, students often overlook the importance of a balanced diet, trading nutrition for convenience. Yet, what we eat plays a vital role not only in our physical health, but also in our academic performance, mental well-being and long-term development.

A balanced diet consists of the right proportions of carbohydrates, proteins, fats, vitamins, and minerals. Each of these nutrients serves a specific purpose: carbohydrates fuel our energy, proteins build and repair tissues, and healthy fats support brain function. Vitamins and minerals, though needed in smaller quantities, are essential for everything from strong bones to a sharp immune system. Skipping meals, over-relying on processed foods or consuming too much sugar can lead to fatigue, poor concentration, and even chronic illnesses. On the other hand, eating whole foods such as fruits, vegetables, lean proteins, and whole grains enhances focus, stabilizes mood and strengthens the body's defenses.

Students should aim for consistency rather than perfection. Start the day with a healthy breakfast, stay hydrated, and avoid excessive junk food. Remember, what you eat today shapes your body and mind for tomorrow. A smart diet is not about restriction, but about making choices that fuel your potential.

Kalungi Daniel, S.4



The range of How Far Extinction Stands Away from us

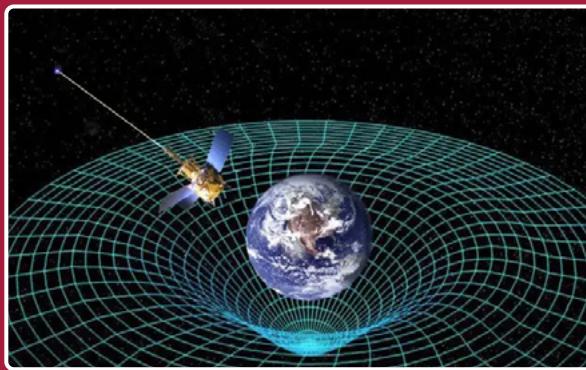
The Earth will not drift away from the sun due to the expansion of the universe, because gravity holds our solar system together on a local scale. Instead, the Earth's lifespan is limited by the sun's future expansion into a red giant in about 7.5 billion years. The story of Earth's eventual end is driven by the sun's life cycle and increasing luminosity, not the expansion of the universe itself, which is a phenomenon that only affects the space between galaxies.



Why cosmic expansion won't affect Earth's orbit

Gravity's dominance:

The gravitational pull within the solar system is far stronger than the expansion of space over that distance, so the Earth remains gravitationally bound to the sun.



Analogy

This is similar to how people within a room don't expand with the room itself, or how stars within a galaxy don't drift apart due to cosmic expansion



The true story of Earth's end

In 1 billion years:

The sun's luminosity will increase, leading to a "moist greenhouse" effect that will cause the oceans to evaporate and the carbon cycle to end.

In 2-3 billion years:

Earth's protective magnetosphere may decay, leaving the atmosphere vulnerable to solar wind.

In about 7.5 billion years:

The sun will expand into a red giant and is expected to engulf the Earth.

*Muchangi Reagan S.6 Sci,
PTM/ICT*



The Pamcos Patriotism Club

"BE PREPARED" Barden Powell our founder always said and indeed PREPARED WE ARE, for our School, our Nation and Africa. Every 27th of February we gather to thank Him for this wonderful gift of PATRIOTISM as we honour him.

From deep love and affection that dwells in our souls as citizens, patriotism lives in our mighty institution. From rising flags, singing anthems to ensuring arrangement and order during assemblies. Above all honouring national programmes for example the 9th October "the National Independence Day." As a club, we believe that loving our school is equivalent to loving our nation. as we enrich the students with scouting and patriotism skills and also caring for the environment. we shall never surrender for the betterness of our Country Uganda."

OUR COUNTRY OUR RESPONSIBILITY
Wambazu Sam, S.6 S



my School

The only institution
That turns one's dreams
Into reality
Professional teachers
With the history of academic
Giants, the main reason
For the silver jubilee
Eloquent wins and success...

Nurturing learners with
Their respective talents
Besides home mageportrayal
Aided by the God fearing
Traits is the gigantic factor
For this uncontrolled
Enrollment with discipline
At the climax

Its never a nine day's wonder
With one's stay at this
Greatest institution where
Every student's prospects and
Goals are achieved through
Numerous assessments especially
Co-curricular activities
Thus, equipping every
Learner with skills and tender care
What an outstanding
Institution Paul Mukasa is!
Where great men and women
come from
Liberty and chance to
Expose learner's skills
Especially on PTA and any
Skill exhibitions in all parts
Of Uganda such as science
Exhibitions, are every Paul
Mukasa student's long waited call.

"ALUTA CONTINUA"
Nalukwago Maria Gorret, Head Girl

My Uganda

Where sunrise dances on Victoria's tide, And Mountain mists in Rwenzori hide, There lies a land both proud and free Uganda, carved in earth and memory.



Her soil is red, her spirit gold, In ancient drums, her stories told.

From Karamoja's open plains, To Bwindi's whispers in the rains.

The crested crane in morning flight, Speaks grace and strength in feathered light. And every name, from hill to stream, Carries the weight of hope and dream.

Banana leaves in market rows, The rhythm where the Nile still flows. Her children dance with barefoot grace, The sun of kindness on each face.

Though time may test and trials bend, Her roots grow deeper, hand to friend. A nation stitched from tribe and tongue In unity, forever young.

Bogere Bridget, S.6 Arts



My Uganda wakes with morning light, The birds sing sweet, the skies are bright. The people rise to start their day, In fields and towns, they find their way.

The market buzzes, colors shine, Bananas, maize, and coffee vine. Voices mingle, laughter flows, In every heart, the homeland grows.

Children play by rivers wide, With dreams as vast as countryside. Schoolbooks open, lessons learned, For brighter days, their hopes are turned.

The mountains stand both strong and tall, A silent guard that watches all. The lakes reflect the endless blue, A peaceful calm that feels so true.

Though challenges may come and go, The spirit here continues to grow. From village paths to city streets, Hope and strength in every beat.

My Uganda, simple, strong, In every heart, you sing a song. Of home, of love, of days gone by, Beneath your ever-watching sky.

No matter where the road may lead, My Uganda is all I need. A place of warmth, of roots and sun, Forever mine, my only one.

Kawuka Shakul, S.6 Arts



Judgement day

Report card day in Uganda is like Judgment Day for children. The son comes home walking slowly, hiding the envelope like its contraband. As a parent, you already know - if the boy greets you too nicely, something is wrong. You open the report and find Mathematics: 12%, English: 18%, Science: 15%... but somehow, he's confidently telling you, 'Daddy, I was number 27 out of 90, I passed many people.' Eh! Passed who? Even the chalkboard scored higher than you! Then he adds, 'At least I beat Brian, the teacher's son.' My friend, is that your target in life? That night, the whole house becomes silent, only the cane is speaking. Dis Uganda

Muwanguzi Mathias, S. 6 Sciences

Words are not enough

It's never hazardous and
Disgusting down, with
You by my side sharing
Jovial moments
With the trees swaying
And dangling for melodious
Effects favoring fondles.

The slaps and tickles we
Share every single moment
Are the reason to why
We shall forever be the
Inseparables. The
You mean so much to me
That's why I am so
Unflibbertigibbet about
Sweet moments we've

Had in the wilderness.

You are such an amazing
Soul that I would never wish
To lose, the kind of man
Every precious woman would
Wish to have, under no
Circumstance must I relate
You to the contemporary
men
Because you vehemently
Out compete them and
Forever with you will be
Long enough.

*Nyangoma Charity Guntasha,
S.6 A*

Uganda, *My wounded pearl*

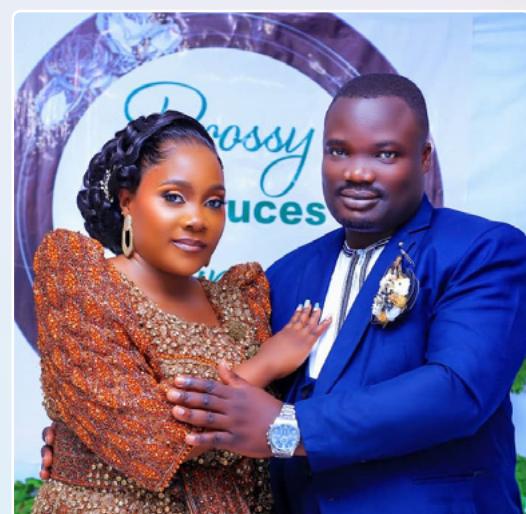
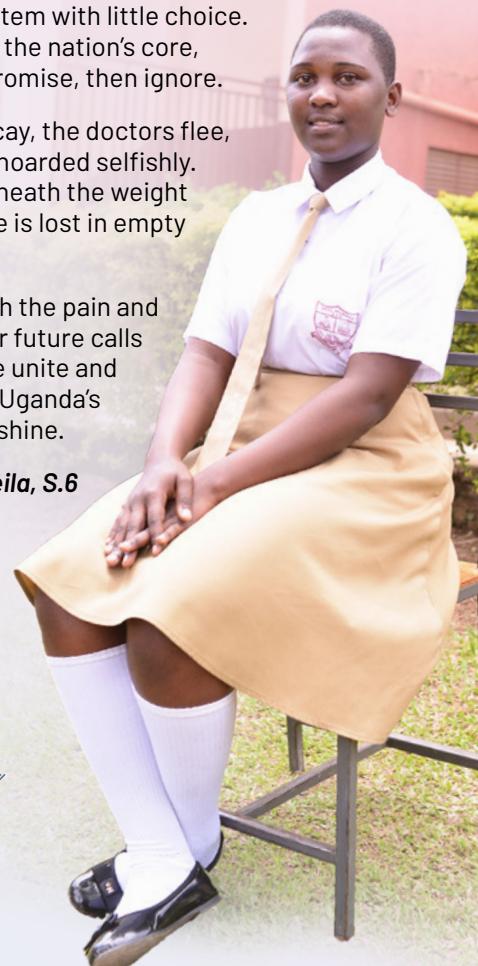
Uganda, land of rivers wide,
Of fertile soil and skies of pride,
Yet shadows fall on hills so green,
Where justice fades, and truth's
unseen.

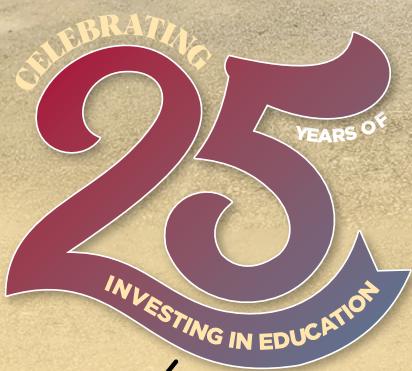
The youth cry out with muted voice,
Trapped in a system with little choice.
Corruption eats the nation's core,
While leaders promise, then ignore.

The schools decay, the doctors flee,
While wealth is hoarded selfishly.
Roads break beneath the weight
of lies, And hope is lost in empty
skies.

But still, beneath the pain and
scars, A brighter future calls
from stars. If we unite and
choose to heal, Uganda's
light again may shine.

*Kashemeire Sheila, S.6
Arts.*





Heroes of The Pamcos

In classrooms bright, with hearts so kind,
Our teachers shape each growing mind.
With patient hands and guiding light,
They help us climb to greater height.

They teach with love, they lead with grace,
Each lesson leaves a lasting trace.
Through every book and board and test,
They always help us do our best.

Their words are wise, their spirits strong,
They cheer us on when things go wrong.
With every smile, they help us see
The power of who we all can be.

They stay so late, they come so early,
From morning to afternoon to evening.
Not just in class, but every day,
They teach us more than words can say.

So, thank you all, for all you do,
Dear teachers, loyal kind, and true.
At Paul Mukasa, you're the flame
You lift us up and earn your name.

Walusimbi Imran, S.6 Arts

My Favourite Teacher

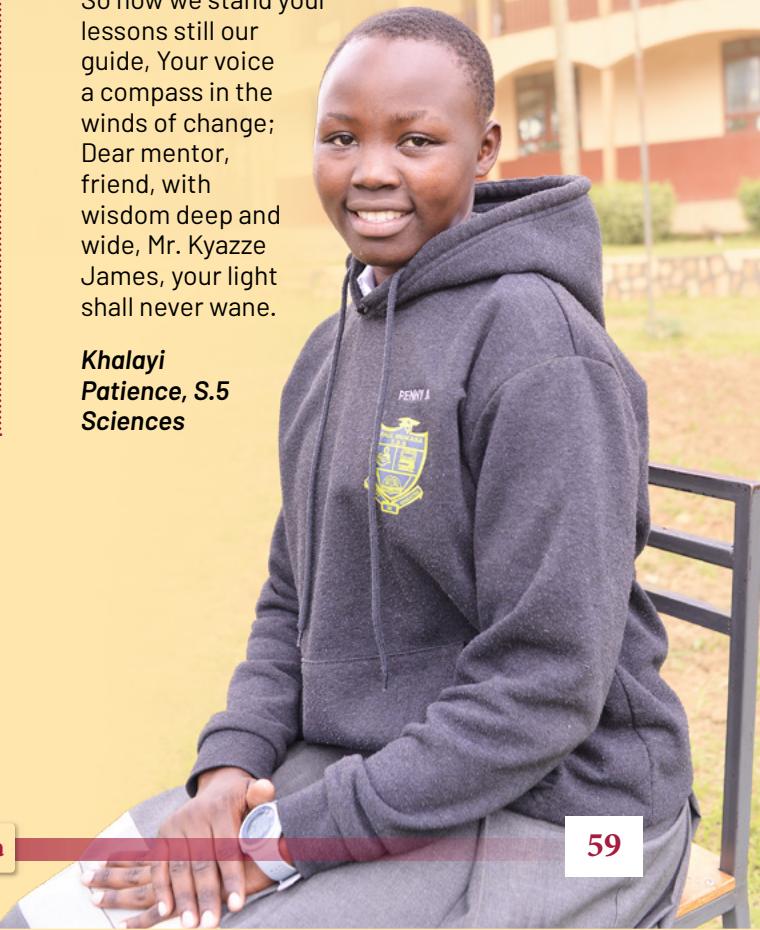
In halls where youthful voices rise and fall, Your wisdom walks with quiet, steady grace; Each word you speak becomes a clarion call, To light the mind and soul in every place.

You teach beyond the chalk and trembling hand, Beyond the tests where fleeting grades reside; You shape our thoughts to think, to understand, And let our hearts in truth and hope abide.

When doubts would dim the promise of our day, Your calm assurance steadied every fear; You taught that greatness grows in earnest clay, Where effort, faith, and purpose intertwine clear.

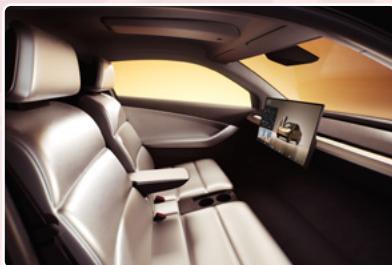
So now we stand your lessons still our guide, Your voice a compass in the winds of change; Dear mentor, friend, with wisdom deep and wide, Mr. Kyazze James, your light shall never wane.

*Khalayi
Patience, S.5
Sciences*





The new Technology Trends



Autonomous Vehicles

Starting the list of new technology trends with the talk of the town is Autonomous vehicles, which use AI, sensors and machine learning to navigate and operate without human intervention. While fully autonomous cars

are still under development, there's significant progress in integrating levels of autonomy into public transportation and freight logistics, which could reduce accidents, improve traffic management, and decrease emissions.



Personalized Medicine

The personalized medicine and treatment approach uses genetic, environmental, and lifestyle factors to diagnose and treat diseases precisely. Advances in genomics and biotechnology have enabled doctors to select

treatments that maximize effectiveness and minimize side effects. Personalized medicine is particularly transformative in oncology, where specific therapies can target genetic mutations in cancer cells, leading to better patient outcomes.



Green Energy Technologies

Innovations in green energy technologies focus on enhancing the efficiency and reducing the costs of renewable energy sources such as solar, wind, and bioenergy. Advances include new

photovoltaic cell designs, wind turbines operating at lower wind speeds, and biofuels from non-food biomass. These technologies are crucial for reducing the global carbon footprint and achieving sustainability goals.



Space Tourism

Commercial space travel is making significant strides with companies like SpaceX and Blue Origin. These developments aim to make space travel accessible for more than just astronauts.

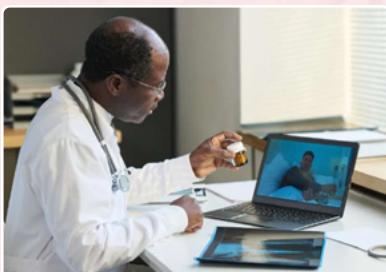
Current offerings range from short suborbital flights providing a few minutes of weightlessness to plans for orbital flights. Space tourism opens new avenues for adventure and pushes the envelope in aerospace technology and research.



Wearable Health Monitors

Advanced wearable devices now continuously monitor various health metrics like heart rate, blood pressure, and even blood sugar levels. These devices are connected to smartphones and

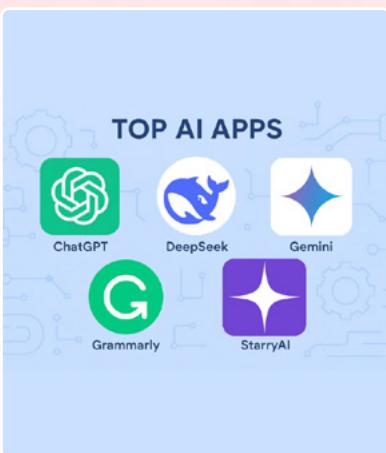
use AI to analyze data, providing users with insights into their health and early warnings about potential health issues. This trend is driving a shift towards preventive healthcare and personalized health insights.



Telemedicine

Telemedicine allows patients to consult with doctors via digital platforms, reducing the need for physical visits. Providing continued medical care during situations like the COVID-19 pandemic has become vital.

Telemedicine is expanding to include more services and is becoming a regular mode of healthcare delivery.



Generative AI

Generative AI is dominating as a key technology trend in 2025, reshaping industries through its ability to create highly sophisticated and human-like content, from text and images to audio and complex simulations. Advancements in generative models, like GPTs and multimodal systems, are driving new applications in content creation, design automation, and interactive experiences.

This technology is not only enhancing productivity but also revolutionizing how businesses approach problem-solving, customer engagement, and creative processes, making tools more accessible and versatile across various sectors. In 2025, organizations will continue integrating generative AI into workflows to innovate faster and provide personalized services at scale.



5G Expansion

5G is another emerging technology trend this 2025. This marks the fifth generation of mobile networks. 5G provides a significantly faster data download and upload speeds, wider coverage, and more stable connections. The expansion of 5G is facilitating transformative

technologies like IoT, augmented reality and autonomous vehicles by providing the high-speed, low-latency connections they require. Such technology is crucial for enabling real-time communications and processing large amounts of data with minimal delay, thereby supporting a new wave of technological innovation.



Virtual Reality (VR)

Enhanced Virtual Reality (VR) technologies are offering more immersive and realistic experiences. With improvements in display resolutions, motion tracking, and interactive elements, VR is becoming increasingly prevalent in gaming,

training, and therapeutic contexts.

New VR systems are also becoming more user-friendly, with lighter headsets and longer battery life, which could lead to broader consumer adoption and integration into daily life.



Internet of Things

IoT technology in smart cities involves the integration of various sensors and devices that collect data to manage assets, resources, and services efficiently. This includes monitoring traffic and public

transport to reduce congestion, using smart grids to optimize energy use, and implementing connected systems for public safety and emergency services. As cities continue to grow, IoT helps manage complexities and improve the living conditions of residents.



Writers' Club Interview with The Director Of Studies

The interview happens in the Director of Studies' office at **Paul Mukasa Secondary School**. The office is neatly arranged with academic files on the shelves, frames hanging on the wall and a table with neatly stacked papers. Four chairs are placed opposite the Director's desk for the interviewers from the Writers' Club. (Natural daylight filters through the office window, giving a calm and professional atmosphere) A Low ambient sound of distant student activity outside; fades out as the interview begins. The three interviewers Nyangoma Charity, Kyobe Jonathan and Lyaka Patience enter the office respectfully, notebooks in hand. They are neatly dressed in school uniform, representing the Writers' Club. The Director of Studies, seated behind his desk, looks up with a welcoming smile. The three students take their seats, open their notebooks and set a recorder on the table. The room grows quiet as the conversation begins.

Good morning, sir. We are members of the Writers' Club and we are here to conduct a brief interview with you for the Pamcos magazine.

Good morning. You are most welcome. Please, feel free.

As the writers' club, we appreciate your efforts and dedication towards our school. kindly take us through your journey here and how it feels to be the DOS of Paul Mukasa.

Thank you for the questions, I feel proud and much humbled to be the DOS of this school. I came to Paul Mukasa SS just like any other teacher. However, during lockdown, I spearheaded the online teaching something that got me closer to the administration and that is how I came to this office.

What has been your greatest achievement during your time in this office?

I have seen the academic curve growing and progress every

year. We thank God for this. In 2022 when I took up this office, we made our first history when KIWUWA COLLINS scored 8 in 8; we also got 68 first grades that very year. At A' level, RWOTHOMIO FRANKLIN and OMALA IVAN DARCY scored 18 and 17 points respectively in BCM which marked a good start.

II In 2023, we got 94 first grades. Last year, our transition to the new curriculum got us all learners in result one and A's in project work. At UACE, three of our learners; KIWUWA COLLINS, KITAKA GERALD and ERONGU PETER got international scholarships in Algeria. They are currently studying Medical Science, Aero Engineering and Civil Engineering respectively



What challenges have you faced and how have you overcome them?

Every position comes with its own challenges. As a person who loves my learners, it is hard for me to administer punishments much as I have to. Also managing parents and colleagues is quite challenging. However, a sense of self encouragement keeps me moving despite the challenge

What changes have you implemented as the DOS during your tenure?

We have created a visible sense of seriousness in academics. There is no room for failure when a learner gets here. (he speaks authoritatively with a smile)

Being a DOS is a 24/7 job, how do you balance academics and personal life like family and church?

It is a little bit challenging but I am good at time

management and programming. I make time for school, church and family. I am available everywhere whenever needed

What motivates you to keep pushing the school every day?

I am motivated by the many achievements we have gained so far. Each time I see the academic performance curve, I'm empowered to add an extra effort.

How do you support both teachers and students to succeed?

First of all, I behave exemplary before both teachers and students. I do what I want them to do for example time management, smartness, love and hard work.

What role does discipline play in the school success?

I believe a disciplined learner is always loved and is so close to teachers and

therefore automatic academic success. Discipline goes hand in hand with Academics.

What advice do you have for students who want to become successful in academics?

I have this to say to them; nothing comes for free, if you want to achieve something, you have to struggle to have it.

Well, this is quite farfetched but...when do you plan to retire?

Hahaha....I am still energetic and doing what comes with my age. Eachtime I open this office, I know there is life afterwards. All our destinations are planned by God. He has a better plan for me after here because He knew I would be

What is your vision for the future of Paul Mukasa SS?

I intend to see Paul

Mukasa becoming one of the best schools in Uganda producing very responsible people in different spheres and walks of life.

Any message to the Students, Parents and Alumni.

Any dream one has can be achieved through hard work and discipline. Parents should be an example to their children. Lastly to the alumni, keep shining be proud and let people know your roots. God bless you all

Sir, we sincerely thank you for your time and the valuable insights you've shared with us. Have a great day ahead

You're most welcome. I appreciate your interest and the work you're doing in the Writers' Club. Keep it up and stay blessed

(All stand and exit the office quietly. The DOS returns to his paperwork.)





Pictorial







Understanding Anxiety

Anxiety is often misunderstood, especially among students. While occasional stress is a normal part of life like before an exam or public speaking. Anxiety becomes a concern when it is persistent, overwhelming and interferes with daily functioning. Unfortunately, many of us young people suffer in silence, unsure of how to cope or where to turn.

At its core, anxiety is the body's natural response to perceived danger. It triggers the "fight or flight" mechanism, causing symptoms like a racing heart, sweating,

restlessness, or even panic attacks. In small doses, this response can help us stay alert and focused. However, when anxiety becomes chronic, it can disrupt sleep, concentration and relationships.

In a school environment like ours, academic pressure, social dynamics and future uncertainty can all contribute to rising anxiety levels. Students may fear failure, feel pressure to meet unrealistic expectations, or struggle with self-worth. Social media adds another layer, often creating a constant

comparison that can deepen feelings of inadequacy.

The most important step in managing anxiety is acknowledging it. Talking to a trusted adult, school counselor, or mental health professional can make a significant difference. Techniques such as mindfulness, deep breathing, regular exercise and healthy sleep habits have also proven effective. In more severe cases, therapy or medical support may be needed.

It's crucial to remember that experiencing anxiety doesn't mean someone is weak or broken. In fact, many people who struggle with anxiety are thoughtful, intelligent and highly capable.

By normalizing conversations around mental health, schools can create a safer, more supportive environment where students feel empowered to seek help and support one another. Anxiety is real but manageable. The more we understand it, the more we can rise above it, together.

Kitibwa Latif Ssenyonjo, S.4 Y



7 Things Happy People Don't Do

1. They do not complain all the time
2. They do not give up when things get tough
3. They do not feel sorry for themselves
4. They do not let negative people affect them
5. They do not put others down to make themselves feel better
6. They do not try to please everyone; they are who they are
7. They are grateful for what they have in their lives

Eyamu Humphrey, S.4 Y

Inspiration

The only limits you have in life are those that you often create on your own. Do not tremble upon your fear but just imagine you are

beholding a new you. So many will say you can't but don't let their doubts in you stop your dream. Believe in yourself because no matter

how you struggle to get people around you.

At the end of the day, you get you, yourself. Someone might be saying they are always rejected but the strongest motivation in life is rejection. Let

it not be rejection, let it be projecting and promotion. You deserve better than you are craving for. Just keep moving.

Kashemeire Sheila, S.6 Arts

A Ugandan anthem for Clean Cooking

Wake up Uganda, rise from the smoke. Let not your mornings begin in fog, Nor your children cough beneath soot's yoke, As kitchens burn in the olden ways.

From the hills of Arua to Ankole's shores, From Mbale streets to Mukono doors, The fire still feeds, but it must now change. Wood is thinning, alas!!!the cost is strange.

We cook to live, yet lives are lost To every ember's hidden cost Forests fall, lungs grow weak, And future dims while stoves still speak.

Hear the call today!! Let science and tradition merge, Let sun, stove and gas resolve The choking smoke we must now purge.

Not just a flame, but a bright future It's cooking time, its health renewed. It's us girls who stay in school at last, And trees uncut, their roots held fast.

It is briquettes from Kampala waste, Burning slower, with cleaner taste. It is biogas in a village tank, Where cow dung cooks, and none go blank.

It's LPG with safety trained, Where no more soot in lungs is stained. It is solar rays in Yumbe and Koboko turning bright, And the sun itself brings food to light.

No more days of walking far For wood to feed a smoked scar. No more burns on your tender skin, Or blackened pots turned paper-thin.

This is your fire, clean and fair, A quiet revolution in the air. Where health is saved

and wealth is grown, And women claim new power, known.

Policymakers, hear this flame Support the stoves that change the game. Finance the clean, reject the dirty old. Incentivize what can't be sold. Let every rural plan be laid With stoves that burn but do not harm, With fuels that cook but don't disarm.

To you, My Uganda, Take the lead Let Africa look to your kitchen light. Be the drum that others follow, And let the Pearl shine with cooking right.

So, stir the saucepan with cleaner hands, And feed your dreams, not shrinking lands. The time is now. The fire is near. **Call for the clean flame**, draw it here.



Nyamungu Lavlyn Melissa (S.4)





Top latest Clothes & Fashion Trends

By Kakooza Paul, S.4 R

As fashion changes fast, keeping up with the latest fashion trends will help immensely, the current styles resemble the 90s fashion trends in the sense of mimicking the silhouettes and patterns of those seasons, with one big difference. Old styles are reinvented in relaxed, oversized and loud colours, like nothing we've seen before.



Hoodies Under Blazers

One of the most popular styles rocking the current fashion trends is the ever-so cosy hoodie, however, worn with a twist. Regardless, wearing a blazer with a hoodie is no longer just another street style but a transcendent, mainstream look.



Women's Oversized Bomber Jackets

Bomber jackets should always rest loosely on your hip – unless you've opted for a slightly cropped style. The clingy cuffs shouldn't go past or above your wrists, no matter the fit. The cuffs should be relatively tight, so if it hangs over your hand loosely, try a smaller size.

Clean, Crisp, Raw Denim

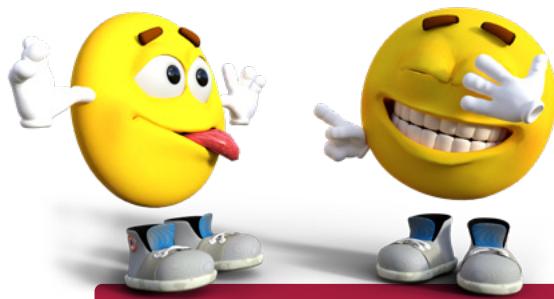
In the years since the last raw denim renaissance, we've seen bold blue jeans trends from threadbare shredded options to tripped-out colourways to overdyes and acid washes. But 2025 will be a reset back into a cleaner, simpler aesthetic.



Letter Jackets/Baseball Jackets

Their trend has been on since 2020 with a UK origin.





Jokes

In the art class, the teacher asked, "What is this drawing of?" The student said, "It's a cow eating grass." "But there's no grass," the teacher said. The student smiled, "Because the cow already ate it!"

Magona Bright, S.6 Sciences

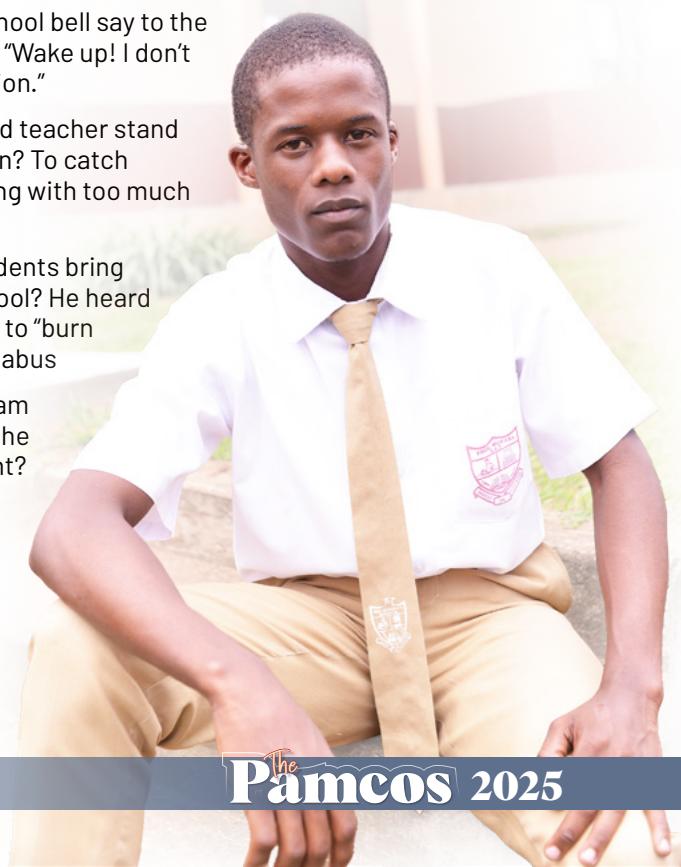


Two students were caught sneaking out early. The headteacher asked, "Why are you leaving before the last bell?" One said, "We're just preparing for the fire drill tomorrow." The other added, "By testing the exit in advance!"

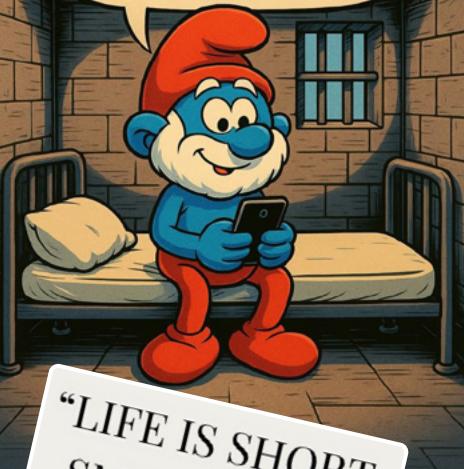
Sserukanya Baraka, S.4 R

1. Why did the student carry posho in his backpack? Because he wanted to be fully prepared for lunch and life
2. Why don't boda bodas go to school? Because they already know how to take people places
3. Teacher: "Where is Lake Victoria?" Student: "In our Geography book, page 22"
4. Why did the chalk run away from class? It couldn't handle the pressure of being broken every day
5. Why do Ugandan students love break time? Because that's when the chapatti talks louder than the teacher
6. Why did the student sleep in the agriculture class? He thought it was time to "cultivate" his dreams.
7. What did the school bell say to the sleepy student? "Wake up! I don't ring for decoration."
8. Why did the head teacher stand near the canteen? To catch students chewing with too much happiness.
9. Why did the students bring firewood to school? He heard they were going to "burn through" the syllabus
10. Why was the exam paper afraid of the Ugandan student? Because the student came with a sharp brain and a sharper pencil

Segawa John, S.6 Arts

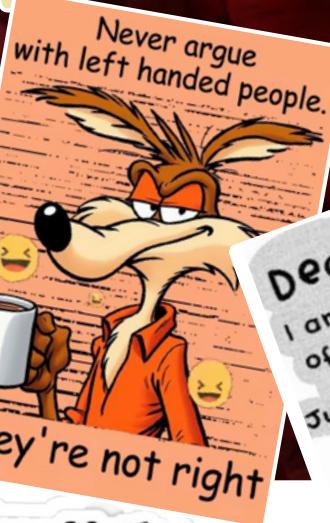


I FINALLY REALIZED THAT PEOPLE ARE PRISONERS OF THEIR PHONES... THAT'S WHY THEY'RE CALLED "CELL" PHONES.



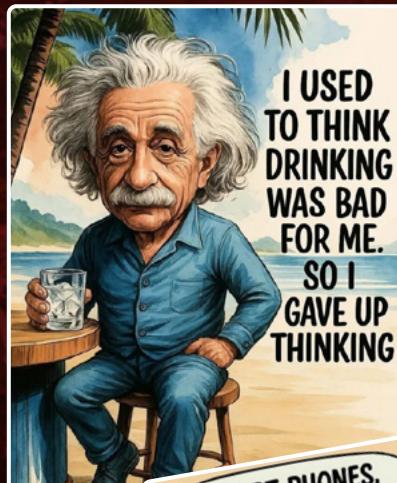
"LIFE IS SHORT. SMILE WHILE YOU STILL HAVE TEETH."

Maybe if we tell people the brain is an app, they'll start using it.



They're not right
Dear Math,
I'm not a therapist.
Solve your own
problems.

I USED TO THINK DRINKING WAS BAD FOR ME. SO I GAVE UP THINKING



SMART PHONES, SMART CARS, SMART TVs... WHEN WILL THEY START MAKING SMART PEOPLE?

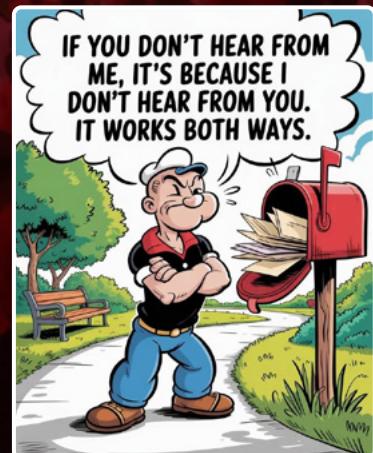


Your future doctors are using ChatGPT to pass their exams. You better start eating healthy.

I'm so good at sleeping that I can do it with my eyes closed.

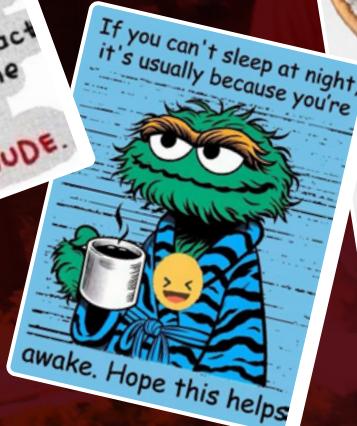


when nothing goes right...
go left.



Be like salt:
you may not always be noticed, but your absence changes everything.

Dear Math,
I am sick and tired of finding your "x"
Just accept the fact that she is gone
MOVE ON, DUDE.





Opinion Poll

Most Loved Teachers

Mr Raymond Ongura	24%
Mr Ssuna David	36%
Mr Ssempagala Bob	27%
Mr Oloka Timothy	13%

Smartest Teachers

Ms Nabulya Juliet	32%
Ms Kisakye Faith	22%
Mr Kyazze James	28%
Mr Monday Ivan	18%

Smartest Students

Kabugho Mariam	23%
Mutebi Derrick	27%
Ssegawa Johnson	26%
Nalukwago Maria Gorretty	24%

Most Famous Students

Wandera Christopher	26%
Nyangoma Charity	23%
Muchangi Regan	29%
Kisakye Ruth	22%

Most Funniest Students

Galabuzi Ismael	31%
Kigenyi Joram	17%
Kazibwe Edirisa	28%
Nyakaisiki Mastur	24%

Sports Personalities

Nanyonga Patricia	23%
Egunyu Caleb	26%
Muwanika Regan	29%
Longoka Anna Banana	22%

Most Influential Students

Entertainment

Mwesigwa Jenevive	29%
Namugayi Teopista	18%
Kakoza Moses	32%
Lyaka Patience	21%

Academics Giants

Ssekonde Syrus	32%
Kyagulanyi Benita	29%
Kitibwa Latif Ssenyonjo	18%
Nakagayi Mirika	21%

Finance

Kiwala Patricia	32%
Mayanja Patricia	21%
Mukiibi Derrick	29%
Medee Mark	18%

Best School Events

Candidates Dedication	15%
Candidates Dinner	25%
Science Fair	10%
Genz Trybe Concert	50%

Best Clubs In School

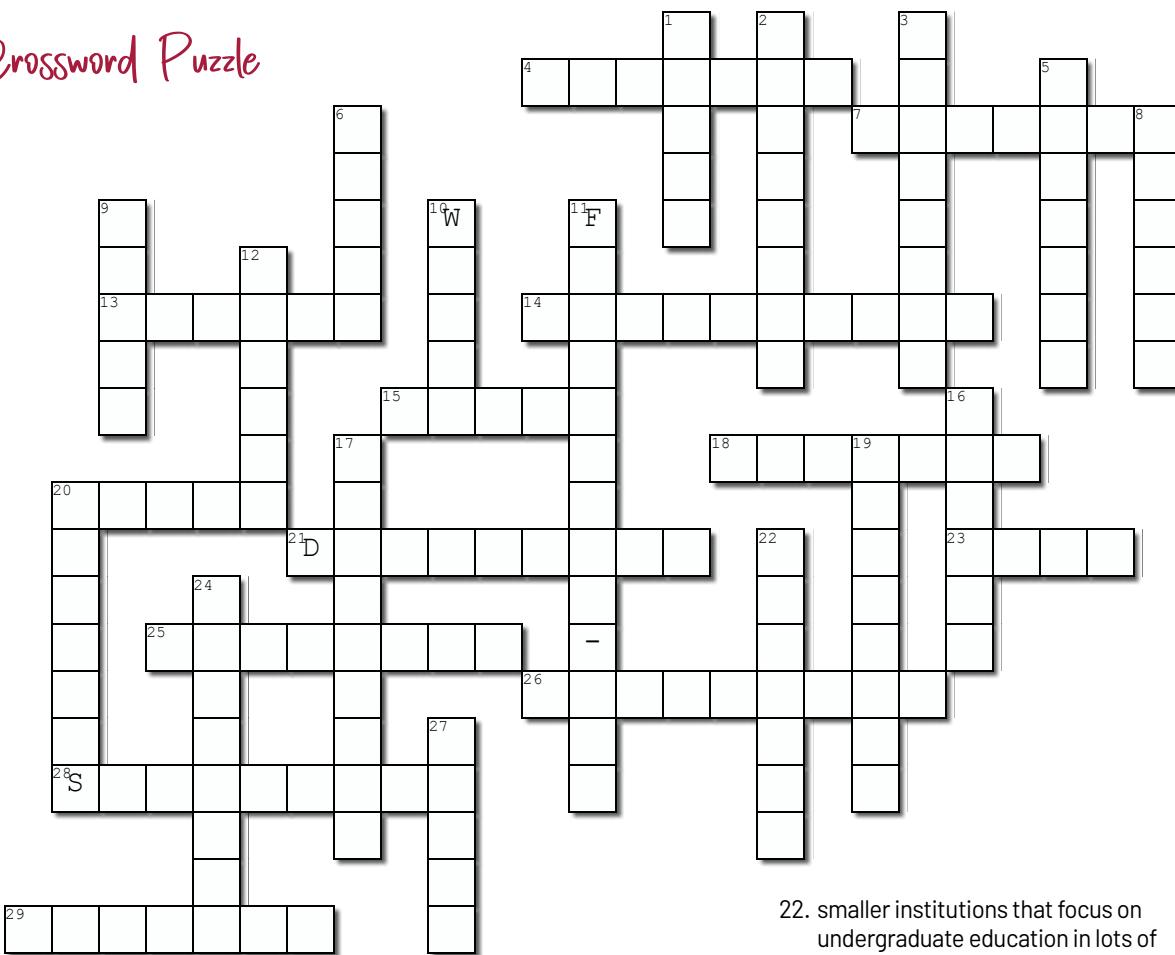
Science Club	29%
Writers' Club	18%
Debate Club	21%
Scripture Union	32%

Best School Hangouts

Canteen	29%
Computer Lab	32%
Basket Ball Court	18%
Cinema Hall	21%



Crossword Puzzle



Across:

- the money you pay for school is called
- first graduate degree you can receive (abbreviation is M.A.)
- someone in their third year of college
- larger institutions that offer both undergraduate and graduate degree programs
- you ... new things in school!
- the classes you take in college are called
- groups you can join for fun that share an interest
- highest graduate degree you can receive (abbreviation is Ph.D.)
- you ... books to learn new things
- large assignments done outside of school (usually with a group)
- undergraduate degree (abbreviation is B.A.)
- someone in their second year of college
- meeting new people in college helps make new ...!

Down:

- what you do to prepare for class and tests
- assignments done outside of school
- when you finish college it means you ...!
- a type of class where a professor talks and presents information the whole time
- secondary focus of study that college students pick
- someone in their fourth/final year of college
- primary focus of study that college students pick
- you ... essays in college
- colleges can help you pay for school with
- the tests, projects, and essays at the end of the year
- the piece of paper received when you graduate
- someone who teaches college classes
- studying something for a long time in order to answer a question
- the points earned for every hour that a student spends in a class

- smaller institutions that focus on undergraduate education in lots of academic areas
- someone in their first year of college
- a set of questions given by professors to see what their students have learned

Sudoku

Fill in the puzzle so that every row across, every column down and every 3x3 box contains the numbers 1 to 9.

6	5	9		1		2	8
1				5			3
2			8				1
				1	3	5	7
8			9				2
		3		7	8	6	4
3	2			9			4
				1	8		
	8	7	6				

Clues:

- Seek a 2 in the centre block of squares
- Finish the centre block of squares
- Search for 2s everywhere



The Art of Entertainment



Entertainment is one of the most powerful forces shaping today's world. Through songs, movies, television, and digital media, people find ways to relax, express emotions, and connect with one another. Whether it's a heartfelt song, an inspiring film, or a funny online video, entertainment has become an essential part of human life.

Movies

Movies combine storytelling, art, and technology to create worlds where imagination comes alive. They make us laugh, cry, and dream. Through films, we explore cultures, learn life lessons, and experience emotions we might never encounter in real life. Modern cinema also addresses important social issues, from justice and equality to environmental protection, reminding us that movies can entertain and educate at the same time.



SINNERS:

Trying to leave their troubled lives behind, twin brothers return to their Mississippi hometown to start again, only to discover that an even greater evil is waiting to welcome them back.

PLAY DIRTY:

A ruthless thief and his crew stumble onto the heist of a lifetime.



Music

Music speaks directly to the heart. From soothing classical tunes to energetic pop and hip-hop beats, songs express feelings that words alone cannot. Musicians use lyrics and rhythm to tell stories, inspire change, and bring comfort to millions. Today, music streaming platforms have made it easier than ever for artists to share their creations globally. A single song can go viral in minutes, crossing borders and languages, showing that music truly unites the world. Music like :



Darling

Chella



Zenzele

Royal MusiQ, Uncle Waffles and Uncool MC



Rugged

KojoBlak and Olive the boy

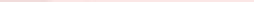
Kaba

Kapeke



With you

Davido and Omah Lay



Wrong places

Joshua Baraka

See you tonight

Cindy and Omega256

The Digital Era Of Entertainment

The rise of the internet and social media has changed how people enjoy entertainment. Streaming services like Netflix, YouTube, and Spotify give audiences endless choices at their fingertips. Social media influencers, online series, and short videos now play a big role in shaping trends and culture, especially among young people. This digital transformation has made entertainment more interactive and accessible than ever before.



The Impact On Society.

Entertainment brings people together, promoting creativity, unity, and cultural exchange. However, it also carries responsibility; creators must ensure that what they produce promotes positive values and respect for diversity. When used wisely, entertainment can be a tool for education, awareness, and peace.

Entertainment is more than just fun; it is a reflection of who we are. Songs touch our souls, movies open our minds, and media connects us to the world. As technology continues to advance, entertainment will keep evolving, but its main purpose will remain the same: to bring joy, inspiration, and meaning to our lives.

BUKENYA JULIUS, S.5S (Entertainment Prefect)



'A' Level Students



'O' Level Students





The Co-Curricular Directorate



At the heart of every vibrant learning community lies the spark of discovery that happens beyond the classroom. The Co-Curricular Department is proud to be that spark igniting passions, building confidence and nurturing skills that textbooks alone can't teach.

Every event, house and competition is a stepping stone, not just toward achievement, but toward self-discovery. We are here to empower every student to explore boldly, participate fully and grow holistically. Education isn't just about what you know it's about who you become.

As we tend to close this academic

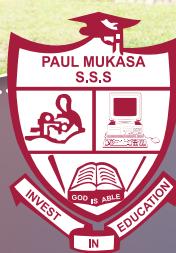
year, we are so grateful to the almighty God who has enabled us witness all our activities of the department like Music, Dance and Drama, Games and Sports and other out class activities. These activities are always for competitions in the four houses of LION, LEOPARD, TIGER and JAGUAR.

We thank the Director for the financial support, the Patrons, Teachers and all students who always support and take part in the activities of the school. Great thanks to Lion House that was this year's winner of the MDD competitions.

Veronic Mazzi, Head Co-curricular







Paul Mukasa

Senior Secondary School - Kigunga

Invest in Education

Location:

Along Kampala Jinja Road 17km from Kampala, on the left-hand side towards Jinja, in Kigunga trading centre.

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