

VISU 2025 edition



# Glimpse

• Science • Sports • Academics • Student Voices



# Message from The Principal

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## Mubiru Douglas

Academic Year 2025/2026

Dear Parents, Guardians, Students, and the entire VISU Community,

As we conclude Term One of the 2025/2026 academic year, I wish to extend my sincere appreciation to each of you for your commitment, cooperation, and resilience throughout the term. This has been a period of meaningful learning, growth, and progress across the entire school community.

This term began with high expectations and renewed energy, and I am pleased to report that our learners settled in well, engaging actively in academics, clubs, sports, exhibitions, and school routines. As we now bring the term to a close, I encourage all students to use the upcoming holiday to rest while also revisiting their work, especially our candidate classes who will be preparing for their examinations next term.

To our parents and guardians, thank you for your steadfast support. Your involvement—from attending school events to supporting learners at home—continues to strengthen the partnership between families and VISU. We do not take your commitment, sacrifices, and trust for granted.

We would also like to remind parents that the holiday following next term will be short. Kindly plan ahead financially for Term Two and Term Three requirements so that learners return well-prepared and without interruption. Please note that Term Two begins on 6th January 2026 and ends on 27th March 2026, and Term Three begins on 27th April 2026 and ends on 26th June 2026.

Academically, this term has been rich and engaging. Our focus on creativity, problem-solving, and imagination was showcased during the Exhibition Day aligned with the 17 Sustainable Development Goals (SDGs). Students demonstrated impressive innovation, critical thinking, and teamwork—qualities that reflect our holistic



approach to education.

We celebrate our Year 11 and Year 12 students for completing their IGCSE and AS examinations with commitment and discipline. In addition, Year 12 learners successfully undertook work-experience placements, gaining practical exposure to the world of work and building confidence in their future career paths. We look forward to welcoming them into their A Level and Advanced Subsidiary classes next term.

This term also saw the launch of our Curriculum Evenings—an important platform for sharing academic priorities, expectations, and developmental insights. We encourage all parents to attend the next session, as it provides a valuable opportunity to engage with teachers, understand our goals for the new term, and contribute ideas that strengthen the VISU learning experience.

As we prepare to close the year, I want to once again thank our parents, guardians, students, and staff for their dedication and unity. Together, we continue to build an environment where every learner discovers their potential, develops character, and grows into a confident global citizen.

Allow me, at this moment, to wish you all a Merry Christmas and a Happy New Year. May the festive season bring peace, rest, and renewed strength to your families.

Warm regards,  
Mubiru Douglas  
Principal

# My Experience As A New Bee At Valley Spur International School



## Keza

Year Eight,

School is a place full of diverse experiences, where friendships form and interests are explored. Personally, I think Valley Spur is an excellent school—the food is better than I expected, the teachers are welcoming, and the students are very friendly. However, there is some pressure that comes with completing project work. As a new student, I didn't expect it to be so challenging, but I don't mind, because it motivates me to work even harder. Overall, I am grateful to be part of the Valley Spur community and excited for all the opportunities ahead.

By Keza

Year Eight

# My Favorite Teacher | Ola Nasir

Year Eight,

We all have that one cool teacher we look forward to seeing at school. For me, it's my Biology teacher, Mr. Trevor. He is kind, patient, and makes the subject easy and enjoyable. His teaching helped me score 100% in my midterm exams and 81% at the end of term. Having him in class makes learning fun and motivates me to do my best every day. He truly inspires me to keep learning and aim higher.





## Desire Kuteesa

Administrative Assistant,

The school office manages student attendance, visitor access, and movement of learners throughout the day. I play a key role in ensuring smooth daily operations, supporting teachers, helping students focus on learning, and keeping parents informed and connected, especially during emergencies.

Clear communication between home and school strengthens our partnership and ensures a safe, organized environment for every learner. For safety, no student may leave school during school hours without a clearance form. Parents are encouraged to familiarize themselves with school policies on attendance, pick-up procedures, and communication. Providing advance notice of absences or weekend pickups helps teachers plan and support learning effectively.

We thank parents for their continued support and wish you and your families a joyful festive season.

Administrative Assistant  
Desire Kuteesa

## Stand Up, SPEAK OUT

### Rania

Year 12,



Have you ever been bullied before? You're probably thinking no, right? What if I told you bullying isn't what you think it is? So, bullying is not only physical, like being beaten up, but it can also be mental and verbal. Bullying is the intentional, repetitive hurting of someone where there is imbalance of power. You can hurt someone by blackmailing them, beating them up, damaging their property, body shaming them, or even teasing and name calling.

Bullying can have different mental, emotional, social and physical effects on different people. Many end up in hospital from torment while others end up being anxious and fearful. This can make them change their diet, have trouble sleeping, some may even go through social withdrawal because they find it difficult to form healthy relationships hence becoming lonely.

While some may choose to endure until the end of the school year, some of the victims may end up dropping out of school, some skip school and this negatively impacts on their academic performance. Some victims even go through depression and have suicidal thoughts or inflict harm on themselves all because they're having a tough day at school.

1 out of 3 students say they've experienced bullying in schools. But the good news is that we have the power to stop it. We can choose not to participate in the spreading of rumors or acts of bullying. And lastly, we can speak up to the teachers or parents. Remember, teachers are not your foes. Stand up, Speak out! Together, we can make our school a safe and friendly place for everyone.

Rania,  
Year 12

# Building Champions: Sport, Discipline, and Wellbeing



## Mr Samuel Maling

Dean of Student Affairs,

Every term brings new opportunities for students to grow—physically, mentally, and socially. Our learners embrace swimming, football, basketball, and volleyball with energy and determination, developing discipline, teamwork, and resilience while discovering their unique talents. Structured sessions ensure that each child progresses at a pace suited to their skills, supported by nutritious meals that keep them energized and ready to perform their best.

As the holidays approach, parents can support learners by encouraging simple, enjoyable engagements with family and friends—outdoor play, friendly games, or shared activities that keep them active and connected. Together, school and home create a nurturing environment where young people flourish—growing into confident, well-rounded individuals prepared to shine in sports, academics, and beyond.

By Mr Samuel Maling  
Dean of Student Affairs

# Social Media Impact on Students



## Maria Diiro

Year 9,

Social media is everywhere, shaping the way students learn, communicate, and connect. On the bright side, it makes staying in touch with classmates and teachers easy. It also opens doors to tutorials, explanations, and study resources. Personally, I've found it really helpful for clarifying tricky topics and keeping up with schoolwork.

But it's not all positive. Social media can distract, reduce productivity, and even expose students to cyberbullying or bad influences. I've learned that balance is everything. Using it wisely, enjoying the benefits, and avoiding distractions helps me stay focused, responsible, and motivated. With a thoughtful approach, social media can support learning rather than hinder it.

By Maria Diiro, Year 9

# Celebrating Our Academic Milestones at VISU

As we conclude the term, we proudly celebrate a major achievement in our academic journey: the successful completion of the October–November Cambridge examination series. Our students approached these exams with admirable discipline and determination, reflecting months of focused study and preparation.

This year also marks an exciting breakthrough—Valley Spur International School officially received its Cambridge Centre status, strengthening our commitment to world-class teaching and assessment. We also recognize the outstanding performance of our May–June Cambridge examination candidates, whose results set a strong academic tone for the year.

We extend heartfelt appreciation to our dedicated teachers and resilient learners. Together, we look forward to even greater successes in the coming year.

Cynthia Kyarikunda  
Head Of Cambridge



**Cynthia Kyarikunda**  
Head Of Cambridge,

## Behind the Scenes: Exam Preparation and Assessment



**Kakooza Timothy**  
Dean of Assessment & Timetable

Many parents and students only see the exam paper placed neatly on a desk, but behind that simple moment lies a whole world of preparation, planning, and teamwork. As the Dean of Assessment and Timetables, my office works quietly to ensure every assessment is fair, calm, and well-organized.

What many may not see is the detailed work done long before exam day—from designing the exam timetable to coordinating supervision, preparing classrooms, and ensuring study materials are available throughout the term. Assessing learners becomes harder when students report late or struggle to catch up. With your support—especially through holiday study routines and timely reporting—we can create the best environment for every learner to succeed.

Kakooza Timothy Persis  
Dean of Assessment and Timetable



# School Stress: A Daily Struggle

## Valeria

Year Eight,

School stress is real for many students at VISU. Deadlines pile up, assignments multiply, and the pressure to perform can feel overwhelming. Sometimes, even supportive teachers can unintentionally add to the load, leaving students tired and stressed.

Finding balance is key. I've learned that taking short breaks, asking for help, and organizing my tasks makes a big difference. With support from teachers, friends, and family, we can turn stress into motivation, stay focused, and enjoy school without feeling constantly overwhelmed.

By Valeria, Year Eight



## Top Ten Excuses Students Give for Coming Late

### Katumba Rafael Bradley

1. There was heavy Traffic.
2. There was a car accident.
3. I had to help my siblings get ready for school.
4. I didn't hear the alarm.
5. Parents being late.
6. It rained heavily and water flooded the roads.
7. I was up all-night reading/ completing an assignment.
8. I had forgotten my bag at home.
9. I wasn't feeling well.
10. The car refused to start.

Most are genuine and happen to everyone.



# Valley Spur International School Uganda

## 2025 – 2026 YEARLY CALENDAR

AUGUST 2025							SEPTEMBER 2025						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30					
OCTOBER 2025							NOVEMBER 2025						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5					1	2	
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	20	21	22	23	24	25	26
27	28	29	30	31			27	28	29	26	27	28	29
DECEMBER 2025							JANUARY 2026						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30	31	
FEBRUARY 2026							MARCH 2026						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
						1							
2	3	4	5	6	7	8	2	3	4	5	6	7	8
9	10	11	12	13	14	15	9	10	11	12	13	14	15
16	17	18	19	20	21	22	16	17	18	19	20	21	22
23	24	25	26	27	28		23	24	25	26	27	28	29
							30	31					
APRIL 2026							MAY 2026						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5							
6	7	8	9	10	11	12	03	04	05	06	07	08	09
13	14	15	16	17	18	19	20	21	22	23	24	25	26
20	21	22	23	24	25	26	27	28	29	30	31		
JUNE 2026							JULY 2026						
M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6	7							
8	9	10	11	12	13	14	03	04	05	06	07	08	09
15	16	17	18	19	20	21	09	10	11	12	13	14	15
22	23	24	25	26	27	28	12	13	14	15	16	17	18
29	30						16	17	18	19	20	21	22
							20	21	22	23	24	25	26
							27	28	29	30	31		
Term I 64 working days							Term II 54 working days						
Term III 41 working days													





## Thomas Kitaka

As of recently, our world has been changing. We are currently entering what is known as the “Digital era” and with it comes the emergence of many different devices that people need to know how to use in various fields. Whether it be office desktops for paperwork or even managing supercomputers to know how various natural events will occur, the knowledge of knowing how digital systems work is key. So, it would be advantageous for us to know what we need to know with the devices we currently use in our day to day lives to live as optimally as possible.

Internet safety is one of the best skills to know when it comes to digital skills. We need to be able to keep ourselves out of harms way when browsing on the web

so that we don't get ourselves involved in sketchy or dangerous business. One way to do this is to not engage with any strange emails or messages that may have been sent to you through your email or number, these will often be scammers or hackers trying to gain your own personal information for their own use. This can cause horrid ripple effects down the line one being the ruination of your reputation. You could also report said emails and messages or make sure that your email and number are encrypted.

Another digital skill that we should try to be proficient in is learning how to find reputable information. The internet offers a wide variety of sites, blogs, articles or other sources of info that anyone can use. This is a double-edged sword however as a lot of the information you find can be false and misleading. It is best to look for possible authors of articles you find or the reputation of a certain website you are using. These aspects can help you know whether these sources are useful to you or not.

Another aspect that determines an online links credibility is if https is before most of the link itself.

One more digital skill that is useful is being able to familiarize yourself with basic applications of your device. Let's take a windows for example, most of the application software's for them are word, PowerPoint, excel, outlook and a few others. It would be wise to familiarize yourself with some of these apps and know how they function to carry out various tasks you may be required to do. These could be data and information managing, text writing creating a PowerPoint presentation for a meeting anything!

Digital skills are going to become a greater facet of our modern world as time goes on. Knowing how to stay safe, find reputable information and operate certain applications are key if you want to succeed.



## Precious Lutaaya Lunkuse

Former School President

### My Time as School President

Serving as School President at Valley Spur International School was an unforgettable experience. I learned that true leadership is about helping others succeed. I enjoyed organizing assemblies, bringing students and teachers together, and building a positive school spirit. Supporting teachers in their daily work taught me responsibility, teamwork, and kindness. Every moment helped me grow into a more confident and caring leader. My time as President shaped who I am today, and I will always treasure it.



## Editor's Note

Dear Readers,

I am delighted to share with you this edition of The Glimpse, our school's vibrant window into the achievements, growth, and spirit of our community.

Each page showcases the dedication, creativity, and teamwork of our students and staff—qualities that continue to inspire excellence within our school. As we highlight both remarkable milestones and everyday moments, may this newsletter remind us of the power of collaboration and the importance of nurturing curiosity.

As the term comes to a close, I wish you all a joyful Christmas and a peaceful New Year filled with rest, growth, and renewed energy.

Warm regards,

Joy Mirembe

