



# ITHEMBA NEWSLETTER

APRIL 2022



Dear everybody,

Since we arrived at the first quarter of the school year, it's time for a new newsletter again.

Please read along to see what happened in the past three months at Baraa Primary School and to get to know some news!

Many greetings,  
iThemba-team

# MENSTRUATION PROJECT

Last year we organised seminars for the girls of Standard 5, 6 and 7, together with Elle Peut Naidim (EPN), a Tanzanian organisation. They talked about menstruation and menstrual health, and distributed washable sanitary pads.

This year we wanted to organise it again, but even better. Rosie, one of our volunteers, interviewed some students of Standard 7 to know what was good and what could be better this year. With this information we amended some things in our plans and organised the seminars, again together with EPN.

We worked together with the School of St. Jude for the location. It went very well, the students enjoyed and learned a lot. Another seminar will follow at the end of April for the second group. Thank you again for everybody who donated for this valuable project! We really appreciate this, because it's so important.





# INTERNS AND VOLUNTEERS



From February until May there are 4 intern teachers at school. Two of them are intern teachers for kindergarten, two are intern teachers for primary education. From Monday to Friday they teach in different classes. Next to that we have one volunteer to support iThemba. This all means there is extra space to organise some extra activities at school. So far they organised football games, gymnastic classes, a dance class and activities in the library. They are doing a great job!



# VEGETABLE GARDEN

The last months we focused on the improvement of our vegetable garden. We hired a new gardener, Peter. He has worked very hard to clean the garden and plant new seeds. Next to that we managed to have the irrigation system fixed, thanks to a donation. Now we are assured of enough water, even outside the rain season.

Since some weeks the vegetables are growing, especialle the green vegetables. Our cooks are using them in the meals at school, so the students get some extra vitamins!





# UNIFORMS



Between August '21 and February '22 every single sponsored student in primary school received a new uniform.

Imagine days where our office was filled with students trying on their new uniform, other students being measured by a tailor, and us running in between to keep everything organised. I can tell you it was chaotic, but it was worth it!

From next August we will check every student again to see if they need a new or part of a new uniform.



As you know from the previous letter, iThemba is registered on Goodgift. With Easter, Mothersday and Fathersday ahead it might be a good opportunity to offer a gift card as a present. The receiver can choose to which organisation she or he gives the donation. The perfect solution if you don't know what kind of gift to buy!

You can take a look at <https://www.goodgift.be/ithemba/> for more information.



Next to Goodgift, we are also registered on Trooper. From now on you can do your online shopping and earn money for iThemba at the same time!

How does it work?

- Go to our page on Trooper: [www.trooper.be/ithemba](http://www.trooper.be/ithemba)
- Choose the shop you want to buy from
- You can just do your shopping as always from this link
- The shop pays a percentage to iThemba, you as a buyer don't pay anything extra

It's as easy as that! You can spread the word with your friends and family, especially those who do a lot of online shopping :)





Do you know other people who might be interested in the sponsorship program? Neighbors, friends, family members?

Do you know someone who is interested in volunteering or are you interested yourself?

Contact us through [Facebook](#), [Instagram](#) or [baraasponsorship@gmail.com](mailto:baraasponsorship@gmail.com)

Thank you so much for your support!