



# ANNUAL REVIEW

DECEMBER 2022



The end of the school year is near, which means reflecting about what we were able to achieve in the past school year.

We have been able to build a number of sustainable projects over the years. We are very pleased that we have been able to further improve them this school year. This was possible thanks to our employees and volunteers, but especially thanks to our sponsors. Please know that your donations are extremely valuable to us, but especially to our students. Below you find an overview of our sustainable projects as well as new projects.

# MENSTRUATION PROJECT

The aim of this project is to make menstruation an accessible subject.

The consequences of taboos around menstruation are big for girls and young women. They may suffer from intense feelings of shame or have no access to sanitary pads or sanitary facilities. A lack of knowledge limits girls and women in their freedom and development.

This causes girls to miss several school days per month during their menstruation. Sometimes they even drop out of school altogether (source: planinternational).

To combat this, we joined forces with a local organization called Elle Peut Naidim (EPN) in 2021. They give seminars about the menstrual cycle and do this in a very accessible way. The strength of their organization is that they have a lot of knowledge and experience in this field and can transfer this knowledge in the mother tongue of the students (swahili).

In 2021, the seminars were held at the school, but this was not always convenient from a logistical point of view. That is why in 2022 we made use of the large spaces that the School of St.Jude has to offer. This allowed a total of more than 400 female students to participate in the seminars. The students also each received a pack of five reusable sanitary pads to take home.

It's great to see how little by little the girls are able to embrace their femininity and get to know their own bodies better. The long term goal of this project is to involve the boys as well. Hopefully we can organize seminars for them in the future to discuss topics such as family planning, reproduction, HIV/Aids, hygiene management, etc.





# REFRESH THE SCHOOL

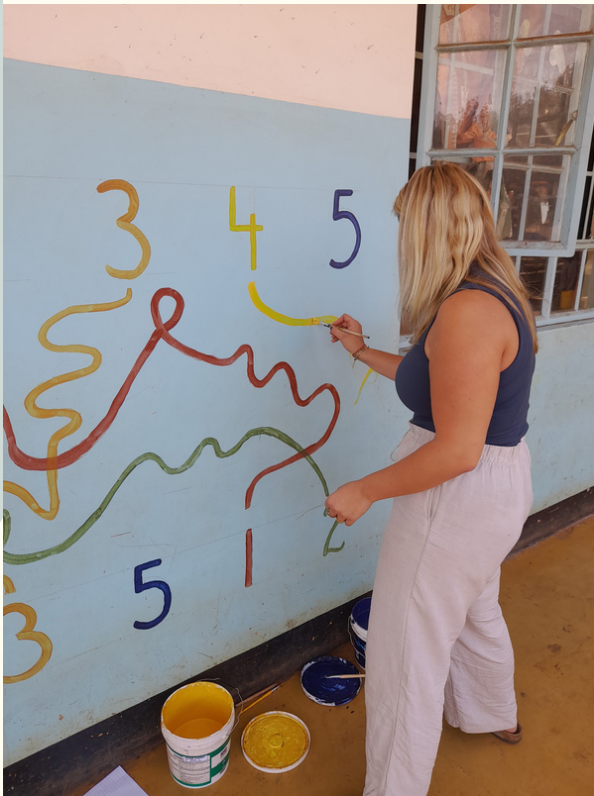
Thanks to some donations we were able to buy big buckets of paint. A little paint has come a long way and has made a big difference in the school. With the paint we were able to give following things a make-over:

- Three classrooms
- The outside walls of some classrooms
- The entrance of the school
- A sign close to the school that signals Baraa Primary School

In addition to the large painting projects, paint was also used to brighten up the school. Floor and wall games were painted to entertain the children during play time. This is not only fun for the children, but also gives the school a new look.









# THE LIBRARY

Thanks to a donation we managed to add more books to the library, books in English on different levels. Teacher Emmanuel opens the library almost every day and reads together with a group of students in different ways: somebody reads aloud, the students read one by one a part of the same book or everybody reads their own book.

When there are volunteers or interns the library can be opened more often and the can be organised some extra reading activities or games.

The goal is to improve the English of the students, to give them more confidence to speak English and to increase the pleasure of reading.

Mission accomplished for this school year!



# THE SCHOOL GARDEN

The aim of this project: to build a sustainable and functional vegetable garden. We especially want the school kitchen to be able to use the vegetables for cooking.

In the long term, it is also the intention that the children get to work in the garden. The children can learn many skills through gardening.

A lot of work has already been done in the garden and thanks to iThemba there is also a gardener who comes by every day to maintain the garden. At the moment, mainly leafy vegetables grow in the garden.

Things that can be achieved for the garden:

- Plant a bigger variety of plants and vegetables
- Learning some students how to take care of the garden
- Make a guide of how to take care of the garden





## **FOLLOW UP OF SPONSORED STUDENTS**

This year we noticed that the school results of our sponsored students are not very well. That's why we focused this year on a closer follow up of our students. We went for home visits at almost every single student in primary and secondary school. That gave us a better idea of the home situation. Here and there we could help with challenges inside the family (for example clothing or shoes, family meetings, to involve the parent more in the school performances, ...)

Next to that we worked on a closer follow up with the different secondary schools. All students started at Baraa Primary School, but many of them are in secondary school by now. At this moment we have students in four different secondary schools. We tightened the connection, which will gives us a better view on the academic performaces. The students find there way to us more easy. They know to find us when they need us or have extra questions.



# SOLAR LIGHTS

This year we started a new project, providing all sponsored students with a solar light. This is a light that works on solar energy, so it can be charged all day and used in the evening.

The students who received a solar light have no electricity at home. In Tanzania the sun already sets at 7 pm, which means that these students had no light after this hour. With a solar light, the children can still work for school after 7 pm or do other things for which they need light. It is not only positive for the student, but the whole family is helped. One solar light can light up an entire room. So the family can still cook, do the laundry or just enjoy being together.

It would be fantastic if we could provide all students at school without electricity with a solar light. We have already succeeded in making this happen for all sponsored students and a few non-sponsored students.



# VOLUNTEERS AND INTERNS

We were very lucky to receive volunteers again this year! Next to that we also received 4 interns from Thomas More College during 3 months: 2 interns for Kindergarten (Awali), 2 interns for primary school. They worked together with the teachers from those classes. Next year we will welcome again three interns of Thomas More and two interns of HoWest.

The volunteers all had different backgrounds and supported iThemba on different issues. They also organised activities for the students: arts and crafts, football and basketball games, reading in the library, painting the classrooms, ...

Of course they were also a big help with the bigger projects like the menstruation seminars, the solar lights and painting the class rooms

These things ensure that a school day is a lot more fun!









We are always looking for extra sponsors!  
Do you know people who might be interested in the sponsorship program? Neighbours, friends, family?

Contact us via Facebook, Instagram or email to  
[marthe@ithemba.be](mailto:marthe@ithemba.be)

Thank you for your support!

