



OUR VOICES

THE OFFICIAL KF NEWSLETTER

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2022 TERM 2 NEWSLETTER



NOTE FROM EDITOR

Welcome to the 2022 Term Two Kucetekela Foundation Newsletter. I'm so excited to share with you term highlights from both Pestalozzi and Chalo schools. Our second term of 2022 started on a high note as some students from both schools had an opportunity to participate in enrichment online programs; The Yale Young African /Global Scholars and the Rise initiative. They were equipped with so much knowledge on global issues.

Chalo recently introduced the ECZ curriculum for students in 10th grade. I must admit the transition to a different curriculum was not easy but as I read through the syllabus I realized some topics are similar to IGCSE. My other grade 10 KF scholars and I are more than ready to take on this new challenge.

Another high note for this term is that several KF students from Chalo were conferred with leadership positions. Mumba Kapasa, Abraham Tembo, and I were appointed as boarding prefects while Denzel Chinda, Racheal Phiri, and Mukanda Monde as school Heads. This appointment is an honor to me because it shows that the school authority entrusts us with the welfare of the students. I look forward to carrying out my duties to the best of my abilities. As the term unfolded, we had numerous activities such as sports day and talent show events!

The Pestalozzi students who are doing their last stage of the IB program continue to excel as they prepare for their exams in October. In the midst of their busy schedule, they have found some time to do some university research and some of them applied for the MasterCard scholarship at USIU-Africa University in Kenya. With exams fast approaching, they are putting in place their internal assessments which include extended essays.

There is so much to tell you and I hope you all enjoy it in this edition. The articles in this edition include online seminars, sports, the leadership camp, and alumni engagement in KF activities. These activities prove the enormous potential that KF students have. We strive to make a difference in our families, communities, and the world at large. I wish you a happy reading.

For further details, please read through this newsletter and get encouraged by the work of the students, gap year students and alumni.



GLORIA MBEWE, 2022 TERM TWO
NEWSLETTER EDITOR.



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PEC INTER-HOUSE SPORTS COMPETITION



ARTICLE WRITTEN BY:
ABEL NJAMBA

The Pestalozzi inter-house competition is the battle of the four houses to show athletic prowess and team robustness. Several KF students, including myself, participated in the various activities.

I took part in the senior boys' basketball league and carried my team to the finals but came short of an overly powered squad. I was proud of what I had brought to my team; everything! I was awarded the gold medal for that category and discovered my strength: "working hard when the stakes are raised."

Emmanuel Mutambo exercised the CAS qualities of the IB by participating in the senior boys' 100m dash and Cross Fit race. He was excellent in the representation of his house, Luangwa.

Gladys Mwangala of IGCSE year 1 was another notable student. She participated in girls' soccer and 100m dash in the junior secondary category, where she came first. She was a remarkable defender on the field despite not qualifying for the gold medal due to an injury. Gracious Phiri of IGCSE year 1 was a gold medalist for the girls' Cross Fit race. She defied the narrative that a girl cannot do Cross Fit that fast!!! She put up an awe-inspiring performance.

Despite being in his first year at Pestalozzi, Jackson Banda did not shun the assignment on the field. Of all the KF students at this event, he had the most appearances. He participated in the 100m dashes, relay race, and tug of war, all for three days. Faith Chompwe did relay soccer, three-legged race, and basketball all in one day like it was nothing. She is the emblem of an overdoer. I loved every bit of seeing her participate. In the aftermath, we all displayed our various skills and were proud of them regardless of the outcome.

YALE YOUNG AFRICAN SCHOLARS



SHERISE INTERACTING WITH YYAS PEERS

YYAS REFLECTION
ARTICLE WRITTEN BY:
SHERISE ZULU

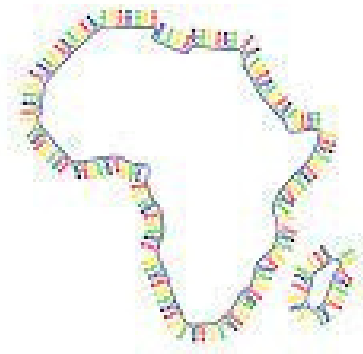
I never imagined getting into the Yale Young African Scholars program because I felt my application was not good enough. Little did I know that later I would be among the students beaming with smiles as one of the admitted students. The thought of having the program online was somewhat disheartening. However, my perception changed after one week of Zoom sessions. The first day began with opening remarks from one of the instructors. We also had our first speaker, Eddie Mandhry, who talked about his journey from high school to university. From his experience, I picked up the lessons to be ambitious, resilient, curious, and adventurous. When choosing a career, always try to choose something you are passionate about. If you happen to be rejected by a university, for instance, instead of giving up, try to discover where you went wrong and improve.

We had our first career guidance session with Mr. Peter Quartermaine Blair, an economist. I learned a lot in this session. Firstly, I discovered that having different desires and abilities is possible when choosing a career. The other thing is to try courses outside your interest to see what best suits you. He also emphasized designing our lives, making high goals, and striving to achieve them. One of the keynotes that got embedded in my brain is that though family members may not understand your academic life, they know you better and can advise you on which courses to take. It's always good to have people you can admire because most have experience handling life circumstances.

For the second seminar, we had several guests, one of them was Mr. Isaac Sesi, an entrepreneur, innovator, and electrical engineer. He was very inspiring, and some of the things I learned from him are to be innovative and creative and identify a problem in your community. I was inspired by the fact that he invented different forms of technology to help solve some agricultural issues. He created a machine that could detect moisture in plants. This innovation helped produce high yields because it made sure farmers planted seeds with humidity.

YYAS CONTINUED

Yale Young African Scholars



Y Yale
YGS Young Global Scholars

We also had seminars regarding different topics. One of the lessons was based on the effects of artificial intelligence today and in the future. Tilas Kabengele, a computer engineer, presented this. We learned some AI-related mischief: loss of human jobs, human input, fraud, and scams. However, new jobs are being formed; improved technology, automobiles, health services, defense, and cyber security. We also had the university admissions session with representatives from universities like Oberlin, the University of Toronto, Columbia, Johns Hopkins University, Emory, and Africa University. They taught us how to ensure that our applications stand out. One of the expected points from all university applications is that the application should be an exact reflection of you because that's what makes you the applicant. They also said that using giant words will not make your application stand out. The university talks were exceptional. They brought to light how to balance social life and academics. We also understood better the difference between high school and university.

Another segment was family time, where we had students of different nationalities and we learned about each other's countries. We also got to ask our instructors about the university and other programs. Other components included SATs and their formats. My favorite part was the impact panel. We had people from different countries talking about how they give back to their communities. We had some who were winners of the Rise challenge, an initiative that supports talented young people globally. I learned that one is never too young to help solve a problem in their community. It's always encouraged to solve a problem you know very well and plan before anything you want to do.

I had a very mesmerizing time during the Yale Young African Scholars program. I came to know of so many things I didn't know existed. The two Rise winners motivated me to give the Rise challenge another try. I also learned some critical components of a unique and outstanding application. I am excited to be a YYAS alumni and hope to be admitted into the Yale Young Global Scholars next year. Attending YYAS has been one of my most outstanding achievements. I had a wonderful experience.

CHALO 2022 TALENT SHOW



ARTICLE WRITTEN BY:
CATHERINE MUMBI

It had been two years since Chalo held a talent show, and students longed for this glorious event to showcase their skills and God-given abilities. We took advantage of the prefecture coronation and rehearsed for various activities to demonstrate our talents. The stage was enlightened with massive entertainment and stunning performances by various individuals and groups. The thirst for this event could be seen through the tremendous effort and dedication toward practices and auditions.

Everyone was given ample time to work on their performances and perfect them. Seeing that all the students, teachers, director, and some of the parents were in, we started the program with a prayer from Pastor Mumba, one of the teachers. This was followed by the national anthem from the Treasured Vessel group. After that, many other activities brightened up the whole room.

To mention but a few, we had: traditional dance, Afro dance, poems, which I was part of, rap, modeling, and so many other activities that were done to perfection. Towards the end the principal and director went up on the stage just after the last performance. We had all kept quiet, anxiously awaiting for the names of new prefects to be mentioned.

Just after the calling of new prefects was done, they were given their ties, and we had closing remarks from the chairman. The event was smoothly done, and we ended it with a prayer from Pastor Quagrine.

RISE PROJECT

ARTICLE WRITTEN BY:
GRACIOUS PHIRI



GRACIOUS PHIRI, GRADE 9 STUDENT AT PESTALOZZI AND 2022 RISE INITIATIVE FINALIST.

With that in mind, I decided to make a difference in my immediate community by devising what I feel is an actionable solution that can contribute to environmental conservation in a small way. In order to make a difference, I took the initiative of picking plastics around my community so as to find a way to make them more useful.

I started picking plastics and making articles such as bags and bracelets out of those plastics. I, later on, sold these articles in markets and my immediate environment in order to generate money. The income I generated was used to help out the underprivileged in my community such as orphans and children on the streets.

Imagine walking around in streets with no litter in sight. What kind of feeling would that give you? Would there be a reduction in climate change? The thought of a clean and green environment has always piqued my interest. This is because I come from a community that is highly affected by uncontrolled non-biodegradable waste - plastics.

I was also challenged by the thought that if we do not take action now to preserve our environment, our future will be highly affected and humans will be at risk and development will not be sustainable.



GRACIOUS PHIRI IS CURRENTLY WORKING ON HER WASTE MANAGEMENT PROJECT AND HAS BEEN TO BAULENI COMPOUND PICKING PLASTICS AND RECYCLING THEM TO BEAUTIFUL ORNAMENTS.

A DAY OUT WITH MY MENTOR

ARTICLE WRITTEN BY:
RACHEAL PHIRI



RACHEAL PHIRI, GRADE 10 STUDENT AT CHALO HAVING A GREAT TIME WITH HER MENTOR

Mentorship is one of the crucial things one can have. Mostly we teenagers require guidance to make informed decisions. I am blessed with a wonderful mentor, Eunice Kashimba. She takes an interest in every area of my life and makes it colorful with fascinating activities.

In March, she invited me to a Teen Conference organized by the SAT department at the Government complex. The outing was two weeks before going on the school holiday. The central theme and discussion of the conference were 'choices.' This conference was an ideal platform for different individuals to showcase the art of other forms and discuss various concerns affecting a large group of people.

Before the lunch break, there were poetry activities, singing performances, and interviews with some of the renowned leaders of Zambia. Later, we discussed sexually transmitted infections such as HIV & AIDS and drug usage amongst youths. By the end of the talks, we learned a lot about sexual health and safe sexual practices that are effective in preventing and controlling STIs and the morbidities and complications associated with STIs. To add on, we discussed the devastating social, physical and mental impact on life and its contribution to violence, crime, financial problems, housing problems, homelessness, drug and alcohol abuse, and vagrancy. Therefore, we concluded by thinking critically when confronted with alcohol and drug use.

A DAY OUT WITH MY MENTOR CONTINUED

After lunch, we had a lesson on Identity and Identity crises as teenagers. More often than not, we question our sense of self or place in the world. Hence, we need to identify ourselves as we associate with others - getting a concrete ground for ourselves. A sense of identity helps people interact with the world around them, thus reducing confusion and anxiety, guiding a person's choices, and nurturing meaningful self-esteem.

My favorite part of this conference was the "money talk" because I was getting insights on how to spend money, big or small, and be able to save if that is the goal. Firstly, one has to identify their needs and wants to cut off unnecessary expenses; secondly, planning, budget, and allocating the money to different areas. I learned the '50%, 30%, and 20% principles' by the end. According to this principle, any time one receives money, 50% goes to savings, 30% to current needs, then 20% to wants. If there are no wants, 20% will go to 50%, which will make 70% savings. The other thing to note is to understand the situation and time you are in, which will help you to know how to spend money. The greatest lesson I got from the conference was "The choices you make depend on the choices available." My understanding is to make choices that are right and healthy for yourself and be the one to provide options to other people. For example, let people choose to make you a friend, and you are not choosing which friend to choose.

All in all, this was a very wonderful experience for me, and I learned a lot. This platform created an environment that facilitated sharing information and navigating different issues people go through.



CHALO PREFECTURE CORONATION

ARTICLE WRITTEN BY:
MUMBA KAPASA

As the grade 12s reach the end of their high-school journey, the school undergoes a rigorous selection of new prefects to fill the gaps. This period is usually busy for students and teachers as they prepare for various activities to be carried out during this grand event. It is essential to exhibit good behavior as this is an attribute assessed during the selection. One exciting thing happened this year; we had the Head girl and vice-Head boy from 10th grade. Rarely does this occur because the Heads are generally from the 11 and 12th grades. Over the years, many KF students have proven excellent behavior. Therefore, it is no surprise that most of them take leadership positions. This year 6 KF students were appointed as school leaders. Denzel Chinda is our Head boy and his vice is Mukanda Monde In 10th grade. Racheal Phiri, in grade 10, was also elected as Head girl. We also have Abraham Tembo, and Gloria Mbewe, and I serving as boarding, food, medicine, and chapel prefects. I'm mainly on the food, medicine, and chapel leadership, where I attend to the sick, make sure Sunday chapel is done on time, serve the whole school, get night snacks for the girls and lock the kitchen. At first, all these duties were too much for me to handle; when I saw this happening, I knew it was about time I started doing something about it.

I did this by seeking help from senior prefects and setting up daily plans. From my experience, I have realized that being a prefect calls for more. It means setting an example to fellow pupils, correcting them when they are wrong, and if they don't comply, punishments should be upheld. Sometimes it involves making tough choices such as punishing friends when they are in the wrong; in this case, correcting your friends would be the right thing to do despite it being a hard decision. Prefecture doesn't only involve challenges, but it also has its advantages. These include waking up at any time in the morning as long as you prepare on time, standing up during prep at whatever time you want, and so on. In summary, the prefecture is a rough, bumpy ride with so many times, privileges, and responsibilities; it's not as easy as it may seem. One has to be significantly responsible and mature to handle this leadership adequately.



DENZEL LEFT, MUMBA RIGHT, RACHEAL AND MONDE POSING FOR A PHOTO AFTER THEIR APPOINTMENT AS SCHOOL LEADERS

KF ALUMNI GO TO UNIVERSITY

Highlights of our Alumni who went off to University



*BLESSING CHILESHA,
EARTH UNIVERSITY*



*DANIEL LUMBU,
CARLTON UNIVERSITY*



*KATE MHANGO,
UNITED STATES INTERNATIONAL
UNIVERSITY AFRICA (USIU)*



*LEAH MTINDYA - UWC,
ROBERT BOSCH COLLEGE IN GERMANY*



*WILLIAM CHANGA,
UNITED STATES INTERNATIONAL
UNIVERSITY AFRICA (USIU)*



*NELLY KALUKANGO,
GEORGETOWN UNIVERSITY*



*ROSEMARY MBAO - UWC,
ARUSHA CAMPUS IN TANZANIA*



*THERESA PHIRI,
UNITED STATES INTERNATIONAL
UNIVERSITY AFRICA (USIU)*



*TIMOTHY CHIBINDA,
ASHOKA UNIVERSITY IN INDIA*



About Us

Kucetekela Foundation is an organization that sponsors talented, high-achieving students in secondary school. Not only do we provide these high-need students with opportunities for quality education, but we also support their holistic personal development, through mentorship, work experience and community service programs. All of our secondary school graduates are currently enrolled in or have completed tertiary programs. We pride ourselves in providing high-quality services for our students, and always strive to inspire them as much as they inspire us.

For more information go to: <https://kucetekelafoundation.org>

OUR KF LEADERSHIP TEAM



OLIVER BARRY
CO-FOUNDER AND PRESIDENT



FLORENCE NKOWANE LUTALE
CO-FOUNDER AND EXECUTIVE
DIRECTOR



MASUKU SIMASIKU MUKENA
CO-FOUNDER AND FINANCE AND
ADMINISTRATION MANAGER



JOSHUA NDONG'A KAMELU
PROGRAMS MANAGER

If you were encouraged by our students and would like to contribute towards their education, please use our donation link:

<https://kucetekelafoundation.org/donate>

or contact Mrs. Florence Nkowane at [+260-971-594-959](tel:+260-971-594-959) or kucetekelafoundationzambia@gmail.com to make a donation.

“Kucetekela” means “hope” in Bemba, one of the major languages in Zambia.

KF’s vision is to create hope by developing our students into the next generation of Zambian leaders.



THANK YOU FOR READING!