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OUR VOICES

The Official Kucetekela Foundation Newsletter



Highlights:

- **IB Activities**
- **Summer Conferences**
- **Tertiary Preparation**
- **Alumni Engagement**



Newsletter Editor

Hello there!!!!

Welcome to the 2021 Term Two newsletter. We are excited to share with you the various activities we undertook during Term II.

Having moved away from the severity of the Covid pandemic, learning returned to normal. Nevertheless, we still have to adhere to the Covid - 19 golden rules; such as masking up in public, maintain physical distance, wash hands frequently or use hand sanitizer, avoid crowded places and staying at home and finally seek medical attention early if symptomatic. Visitations from family members and the public were restricted. In addition, there were not many activities outside school to ensure that we did not expose ourselves to the risk of contracting the virus.

Imagine the devastation that would occur if the pandemic broke out in a boarding school.

Inspite of all these challenges, we still managed to participate in certain activities.

The PEC students participated in an outdoor educational trip to Ndubaluba where they had a holistic and rigorous learning experience.

Students from both Chalo and PEC attended the online YYAS and YYGS programs. In their own words, the experiences were eye opening and inspiring. They were provoked to become change agents in our country.

The examination classes took part in EDUSA programs which prepare students for admission into tertiary institutions. Such programs are instrumental in giving students a global outlook and expand their thinking horizon.

The IB students participated in CAS, a requirement in the IB curriculum. This is a practical program which involves sports, creativity and community service.

We remain grateful to the Kucetekela Foundation for not only providing financial support but also the exposure to many learning experiences.

Best wishes and happy reading.

Sherise Zulu

2021 Term Two Newsletter Editor



The Ndubaluba Trip

- By Bupe Musonda

Ndubaluba is an outdoor centre that is located in the central part of Zam-bia, Mkushi district. The centre usual-ly hosts students for various physical, mental and spiritual activities that bring out the best versions of themselves. This undertaking is achieved through a range of activities with the focus on student-based experiential learning which builds a strong mind and character.

The trip to Ndubaluba was held on 14th June and a good number of students registered for the trip. The head of the school, Mr. Pandey, gave all of the students a few guidelines to follow before the camp meeting.

We reached the camp premises and were welcomed by the camp instructors who split us into groups of four by gender, then gave each group a room “chalet” that had a bunk bed and could accommodate 10 students. Thereafter, an instructor blew a whistle and everyone was to go to the dining hall for lunch but before that, students were asked to mask up and wash hands to ensure safety against Covid-19.

Students worked in groups to help clean the dining hall after every meal. The instructor gave us our first assignment that required all the teams to come up with a team name, a flag and a war cry that would describe a particular team in their uniqueness.

Each team was given two planks that were attached with two ropes. This activity aimed at educating students on the value of teamwork and encouraged students to work in a team and promoted participation and communication skills among the students because the plank could not move if one

member was not lifting the other end.

A good number of activities followed, ranging from climbing a 12-meter wall, tree climbing, forming a pyramid using tyres, making a bridge with planks on two poles, crawling under a net, on my own, we need one another.

At the end of the camp, students were given time to reflect upon all the activities they had and were encouraged to link them to daily life.

From this trip, I learnt more about leadership skills, teamwork, respect and a strong character of mind. This was a life-changing experience.



Extra Tutoring - By Rosemary Mbao

I, unknowingly found myself on another cross road, which was precipitated by the second lockdown that led to the closure of schools. Well, I eventually made the choice to work hard.

I attended my three weeks of tutoring at Pestalozzi Education Centre and these extra lessons catered cardinal subjects such as Mathematics, English, Science, Biology and Principles of Accounts. In most of these subjects, we tackled various past papers which made me become accustomed to most examination questions.



Furthermore, my favourite part was during the Accounts lessons where the teacher was very lucid with his explanations. I felt like the zeal for learning during this period was at the maximum.

Other than that, my fellow Grade 12's, Kelvin Ziwa and Blessings Chileshe were very supportive during this entire period. We created a study group where we had zoom lessons, physical classes and Google classroom lessons in order to help each other out.

I found these tutorings very helpful, as I am now fully aware of what to expect in the exams. I also realized that I needed to study harder and smarter for the exams.

With all the rigor and anxiety of exam preparation, I still kept thinking about the next chapter of my life and what the future held in store for me.

The KF IB Program - By Cararise Lubamba



The idea of giving back is a value that I hold true and it is something that I never want to part with.

Once I got the call from Mama Nkowane that there was an opportunity for me to spend some quality time with the IB students at Pestalozzi, I took no second to think about it. I embraced it quickly.

I planned the agenda for all the days I was to spend with the students. On the first day, I shared the agenda with the students and they created folders on their tablets for all their subject courses and the three IB requirements. This was done to help the students with an organization which I believe is something that is very important for every IB student.

On the next day, we dived into the English IB oral content. We looked at the general requirements and discussed all facets of the program. Next, we listened to the concepts included in the entire IB language and literature course and later on played my recorded English oral which I did before my final. The students looked enthusiastic and they asked very helpful questions which were of benefit to the entire group. On day two, we discussed the 4000-word extended essay. Similar to day one,

we went through the general facts about the essay, then I shared my personal experiences.

Something I kept emphasizing is the importance of choosing a topic of their interest. Something they would enjoy reading a lot of research papers on and spending hours and hours on it. I read part of my extended essay to give them an idea of how to structure the essay and the paragraphs.

On the days that followed the KF staff worked tirelessly to print the mathematics past papers for both the standard and higher-level mathematics students.

On the last day, Emmanuel (my IB co-year) and Terry joined me and together we presented the TOK concepts, tips and general requirements. Overall, the students enjoyed the TOK questions and they asked great questions. It was the last day for me. The students and I agreed to keep in touch through email.

I am extremely grateful for the opportunity to work with the students. I was greatly inspired each day. Each conversation I had with the students reminded me of how far I have come and the big role that KF continues to play in my life.

Creativity, Activity and Service (CAS)

- By Abel Njamba

CAS is one of the core subjects in the IB program. It focuses entirely on the student's interests, ambitions and sees how holistic a student is beyond academic work. It is what most would call extracurricular activities but a broad enough difference exists.

The main difference is that a CAS experience is accompanied by reflection, in that the students not only engage in these various activities but also evaluate the impact brought about. It looks at the physical, mental and/or emotional growth and they must put it to book. Students won't just engage in CAS activities blindly but they must be objective in their various endeavors.

The three strands involved are:

Creativity: Aims at exploring the students' intellect beyond the classroom. It is basically anything the student does beyond the classroom that involves intellectual input. Using your initiative to execute a certain duty or coming up with fundraising activities for community service projects.



Activity: *'Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it' - Plato .*

Here the student is participating in an activity that involves physical exertion. Things like sports come to mind first but a lot of other activities are also a part, such as making an orchard or awareness-raising campaigns. It is basically what I say that can make you sweat even at the slightest or have your blood high and as I said earlier, it must help you grow in a way.

Service: The student identifies a need in his/her community and acts upon it. It is a way for the student to pay homage to their community; after all the community is responsible for shaping the kind of people we are today. It could be cleaning up, planting trees, teaching kids and a lot of other endeavors.

The students may not directly benefit from the service themselves so everything they do, they do it for free. You may not do something as basic as just giving money because you have it. You as a student must go through different lengths and efforts such as fundraisers to obtain the money that you would use to buy something that helps to fulfill the service.

CAS although not graded is very cardinal for the IB diploma. An under-built CAS portfolio could result in the student not acquiring their diploma even if they did exceptional in the exams. What the IB does not want is having a student that is all academics and no extracurricular. Everyone must develop to be holistic and balanced people in society.

What does Education USA look like? By Leah Mtindya

Education USA is a program that works with different students and assists them on how they can study in the USA. It is such an informative program and during the program you learn so many things. This year, I had a chance to apply and I was accepted. I was thrilled and was so anxious to get into the real stuff.

At first it was so confusing to me as I thought getting into EDUSA was a scholarship to go and study in the USA, but what I took away changed my line of thought.



EDUSA hosted a five day boot camp for all the scholars that were accepted. Wow! The five days taught me a lot of things and opened up my mind on how life looks like after high school. Day one of the boot camp was an introductory session on the different states found in the USA, and the five key things to consider when applying to US universities which are: location, financing your studies, completing applications, visa application and transition to the USA. After going through the steps, I realized that certain things like the weather patterns are also an important aspect to research.

Secondly, I learnt of the need for financial aid as it is the main thing to consider when applying to a university abroad. This was paired together with university research and how to narrow down to the universities that best suit you. Not forgetting on applying to as many universities to increase admission chances. That is the time I had to create an account on College Board and begun research as quickly as I could. As I speak now, I have researched on a number of universities that I have interest in.

The last major thing was on SATs. They gave us latest materials to use for SAT practice and for university research. The boot camp was full of different activities such as inviting guests to come speak to us about career choices. These were EDUSA scholars who were accepted to different schools. On a key note, I met so many new friends from all over Zambia who I am still in touch with. The end of the boot camp did not mark the end of EDUSA as there are many benefits I'm receiving from them such as paying for SAT test and providing me with bundles for university searches.

In summary, EDUSA has so many benefits and many programs that broaden your mindset in terms of how to apply to USA universities and how to find the right place for you to avoid regrets. It is such an amazing program that gives you the right knowledge you need when preparing to go and study in the USA. It also allows you to look deep into your career through talking to already experienced people in different fields. It is entirely an outstanding program to attend.

Experience in Russia - By Grace Jere



I was accepted to study Biotechnology in Russia in the year 2016. The program is 4 years plus there is one year of learning the Russian language, making it a five-year experience.

The application process started in February, and I remember calling Mrs. Nkowane to discuss this opportunity because of some stories I had heard of the

Russians being racists and unwelcoming. She reassured me, that all would be well and that most of those stories were unfounded.

In September 2016, I left for Russia to study Food Biotechnology at Kalinin-grad State Technical University. One can create ideas of what tomorrow may look like but when it unveils itself, it might seem different. I had an idea that Russia uses Russian language and had all sorts of ideas of what life might be like when I arrived, such as the way the place would look, people, education, etc.

When I arrived, it was all new and different from everything I had in mind. It was more beautiful than what my imagination held. Moscow looked like a metropolis; the streets were well built, buildings amazing and all constructions properly done. I was amazed at how people could build so much and make them beautiful. Everything was alien and navigation was a hustle. The signs and writings were all in Russian and it seemed impossible to decipher. I developed a habit of reading what I could so I can learn the language faster.

Despite not knowing the language, I did not have so much trouble socializing. People were really kind and helpful. I admit a few times (more than 10), I got lost and was afraid, but I always found a way back.



Food

The most common local food is soup and dumplings. When spending time with Russians, I usually ate local foods like soup, dumplings, polony and pies of different shapes. Russians eat a lot of fast foods. There is a wide variety of fast food and it tastes really good. The most common fast food is shawarma and the drinks are Vodka, kvass, sour and milk.

Education

Secondary school is up to grade 11 in Russia and the academic year for all educational levels start in September. After grade 11, scholars go straight to university except guys who go to the army first for two years then decide their major later. Every semester, I had about 10 subjects and these were: Science, Mathematics, mechanical subjects and one humanitarian subject and sports.

Racism

Most Russians assume Africa is a country and ask a number of questions such as 'did you walk to Russia?' I do not know if that can be classified as rac-ism but sometimes it made me feel uncomfortable. They assume Africans have no phones, clothes or civilization. I understood that they knew little about Africa and I'd explain what it is and that it is a normal place just like any other continent with counties and faces challenges like any other place.

Culture and Beliefs

The Russian culture is rich. Russians are proud and patriotic. The country is mostly self-sustained probably because of their hard work. They honor their culture and beliefs. Heroes of war, poets, scientists and other great men are highly appreciated and celebrated. There are monuments, statues and parks built and designed in memory of great men and women.

Russians believe in a lot of superstitions. For example, black cats crossing roads mean a bad omen and if you step on a crack, it's bad luck. Shaking hands over the threshold is not encouraged or toasting without drinking. Christmas is celebrated on the 7th of January because they use the old calendar. To welcome spring, dumplings are eaten for one whole week.

MY YALE YOUNG GLOBAL SCHOLARS (YYGS) EXPERIENCE 2021 - By BLESSINGS CHILESHE



I took part in Yale Young Global Scholars from the 21st to the 30th of July although it was virtual due to Covid-19. I was in the third session and our motto was "Innovations in Science and Technology." This was my third time attending a program virtually and I expected it to be as boring as the other programs, but to my surprise, it turned out to be the opposite. To begin with, I was placed in a family of fourteen fellow peers and a director. In my group, we had people from Nigeria, India, China and the USA. We shared our interests in sports, skills and career aspirations.

We discussed complete and incomplete seminars and shared suggestions and understanding on the topics done in seminars. Family time provided cultural diversity through interaction with peers to share our dreams, fears.



In addition to family time, I also attended seminars and lectures. Some of the titles of the lectures' included 'Climate Change and Our Society,' 'Science Behind Netflix The One,' and 'Unconventional Energy Sources.' My favorite topic was 'Science Behind Netflix' because I have always been a fan of movies and the topic itself was interesting in that it talked about finding a soulmate using one's genetic makeup, of which in the normal sense someone can think is impossible.

The most memorable session for me during the YYGS conference was the simulation session.

As peers, we were assigned tasks of finding solutions to different problems affecting our society in the current state of coronavirus. My group members and I were dealing with the health section while others were dealing with the finance and social section. In our group, we decided to create a website whose content was to educate people about coronavirus, advertise goods to sell and earn money to help fund health institutions, and also contact details of health professionals in different parts of the world where all people seek-ing help in health-related issues can consult from.

This task allowed our group to work together by sharing duties and making innovative and creative ideas on how to do it. My contribution to the group was creating motivational and health quotes for the website. All the work we did together created a strong bond, made us learn a lot of things from each other and made us realize each other's abilities.

In summary, the YYGS experience was amazing and interesting and I will always recommend other people to take part. It is an experience that will never be forgotten and I will always look up to whenever I am attending any virtual program.

We are on the web! Visit us at <https://www.kucetekelafoundation.org/>

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.

Our Team:

Officer	Designation
Dr. Oliver Barry	Co-founder and President
Dr. Florence Lutale Nkowane	Co-founder and Executive Director
Mr. Simasiku Mukena	Co-Founder and Finance and Administration Manager
Mr. Joshua N. Kamelu	Programs Manager
Ms. Grace Jere	Alumni Intern
Ms. Edna Phiri	Alumni Intern
Mr. Nchimunya Mukuwa	Gap Year Intern
Ms, Theresa Phiri	Gap Year Intern

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

<https://www.kucetekelafoundation.org/donate/>

Or contact Dr. Florence Nkowane @ +260971594959,
kucetekelafoundationzambia@gmail.com to make a
donation.