

NEW BEGINNINGS AND BOUNCE BACK

INSIDE THIS ISSUE:

<i>Meet the Grade 8s!</i>	2
<i>Lusaka Cholera Outbreak</i>	4
<i>School Events</i>	5
<i>Photos from the Term</i>	10
<i>Programs</i>	12

Term Highlights:

- Three new Grade 8s started school at Pestalozzi Education Centre, and three new Grade 8s started at Chalo Trust School.
- Three students were accepted to the Yale Young Global Scholars program.
- Five students were accepted to the Yale Young African scholars programs.
- Gap Year students are preparing for the SAT in May and have submitted applications to four tertiary programs.



The new Kucetekela Foundation Grade 8 students just after receiving their uniforms.

Left: From left to right, Chalo students Grace Muyunda (formerly of Chipata Primary), Emmanuel Mutambo (formerly of Justin Kabwe Primary) and Pauline Masaka (formerly of Pakachele Primary).

Right: From left to right, Pestalozzi students Anthony Kunda (formerly of Lotus Primary), Blessing Kasabo (formerly of Twatasha Primary) and Abel Njamba (formerly of St. Lawrence Primary).

LETTER FROM THE EDITOR

BY HARRIET MWANZA



Welcome to the Kucetekela Foundation (KF) Term 1 Newsletter for 2018. I am humbled to share with you the Term One events that have occurred for different KF students in various aspects who have been giving it their best to create the kind of life they will be proud to live for the rest of their lives.

Read through, and I hope you get inspired and motivated by the new Grade 8 students stories and the senior students' experiences for the past years that include a lot of success, challenges and triumph in flying the KF flag higher.

~Your Editor, Harriet Mwanza

PROFILES
BY HARRIET
MWANZA



MEET THE PESTALOZZI GRADE 8S!

BLESSING KASABO

Blessing Felistase Kasabo was born on the 11th of September in 2005 in Kuku compound, Kamwala South. She was raised by a single mother, and as a result of this, she grew determined to pursue a better future for herself and helping those around her. She attended Twatasha Primary for primary school.

After being selected to

attend the last Kucetekela Foundation home interviews, Blessing was finally selected to be sponsored to a private school for five years. Now doing her eighth grade at Pestalozzi, she finds the subject teachers very supportive as they give their best during their lessons.

In addition to this, Blessing also finds the Pestalozzi pupils very coopera-

tive and really helpful. Moreover, Blessing finds science and computer studies very interesting to learn. She aspires to one day be a medical doctor and continue flying the Kucetekela flag high.



ANTHONY KUNDA

Anthony Kunda was born on the 30th of November 2003 in Kamwala. He went to Lotus Primary School and while doing his primary education, Anthony trusted in the power of his name, which means 'destined for greatness.' He strived hard to try and live up to the meaning of his name and was selected by Kucetekela Foundation to

sponsor his secondary education.

Anthony is now at Pestalozzi Education Centre doing his eighth grade, and he is grateful because the scholarship has not only taken him to a private school, but it has also brought about a new perspective and attitude with his approach towards his studies. This is

because he now understands the great opportunities that are available. Anthony finds mathematics and English fascinating, and he aspires to be a lawyer and make his parents, friends and KF proud, as he is yet to live up to his name.



ABEL NJAMBA

Born on the 12th of October 2005 in Kamwala South, Abel Njamba was raised by a single mother who managed to send him to St. Lawrence Primary School, where he began to work very hard in his academics. With two siblings who are younger than him, he pushed hard to achieve better results and was finally selected by Kucetekela Foundation

for a five-year scholarship.

Now at Pestalozzi Education Centre, Abel is doing his eighth grade and is thankful to God and Kucetekela for such an opportunity because it has brought about a lot of exposure and also impacted his family in the sense that his family no longer needs to struggle to pay his school fees.

Abel finds the Pestalozzi infrastructure very beautiful and says it is a good environment for his studies. Moreover, he finds science very interesting and wishes to pursue a career in relation to it. On the other hand, Abel is looking forward to learning more about the programmes under Kucetekela, knowing more about his fellow students and achieving great results.

MEET THE CHALO GRADE 8s!

PAULINE MASAKA

Years: 14 years old
Birthday: 7 June 2003
Lives with: Mother and step-father
Lives in: Old N'gombe
Siblings: 2 brothers
Primary school: Pakachele Primary
Current school: Chalo Trust School
Past favorite subject(s): Math

What's fun about Chalo: Chapel
What's challenging: Time allocation
KF Role Model: Cararise, Cecilia, and Lusungu
KF should watch out for: Good grades!!



EMMANUEL MUTAMBO

Years: 15 years old
Birthday: 1 February 2003
Hobbies: Reading fiction novels, playing football and cooking!
Lives with: Mother and step-father
Lives in: Chipata Compound
Siblings: 4 brothers
Primary school: Justin Kabwe Primary
Current school: Chalo Trust School

Past favorite subject(s): Math and Integrated Science
What's fun about Chalo: The learning hours are amazing! and the stiff rules
What's challenging: There is not normally time to rest.
KF Role Model: Mama Nkowane, "The work she's doing inspires me."
KF should watch out for: Best poet, best footballer and of course, GOOD GRADES!



PROFILES
 BY CECILIA
 BANDA

"My brotherly advice to my colleagues...is that you should just be the way that you are. Do not try to be someone you are not. Discover yourself."

~Nathan
 Mayembe

Class of 2017,
 Graduate of Pestalozzi
 Education Centre

GRACE MUYUNDA

Years: 13 years old
Birthday: 31 May 2004
Hobbies: Watching movies
Lives with: Mother and father
Lives in: Mandevu
Siblings: 2 brothers, 1 sister
Primary school: Chipata Primary
Current school: Chalo Trust School

Past favorite subject(s): Math
What's fun about Chalo: Spiritual programmes and school set up
What's challenging: Boarding life is hard and not so many people are friendly
KF Role Model: Mr. Mukena and Teresa
KF should watch out for: Good grades and great extra-curricular activities



THE LUSAKA CHOLERA OUTBREAK

BY NCHIMUNYA MUKUWA



Cholera!! Throughout history it has been recorded to be one of the dangerous and deadly diseases mankind has ever faced. This disease is caused by a harmful germ that is found in contaminated substances or food stuffs. The disease causes severe vomiting and diarrhea to each infected individual.

At the beginning of this year, Zambia was hit with this cholera epidemic, and Lusaka was one of the most affected areas.

First, I didn't know what was going on. I was just hearing rumors about cholera. And I came to believe the rumors when I saw one of the headlines during the main news on Zambia National Broadcasting Corporation (ZNBC) which read "Cholera hits Lusaka and over 73 people have been recorded dead."

After reading the headline, my whole body froze to ice, and I felt sorry for people who had lost their lives from this disease due to lack of good hygiene precaution. At the same time, I was afraid that I might be the next one to be affected by this harmful disease.

Cholera had affected my day-to-day activities in many ways. I was spending much time at home avoiding contacts with other people. I even used to miss church practices, because gatherings were not allowed at any point. When going to some places, like town, I had to walk because the authorities had discouraged public transport. This was to avoid contacts. It simply showed how my day-to-day activities were affected because my freedom was limited.

However, the media did a very good job in terms of public awareness on cholera, especially social media. It was the one that worked a lot. This was because it covered a wider range of people. Everyone could extract information on social media on how the disease was spreading and how it can be treated. I knew that the more people get to know about this disease, the safer measures the government would be able to put in place.

This cholera epidemic affected the school programmes in the entire Lusaka region. It disturbed the school activities in such a way that schools were forced to close and open a month later, which wasn't really good for students who are in grades twelve and nine (the exam classes). For me, my school had to change the school calendar, causing some other school activities to be cut off. To be specific, our sporting activities were disturbed.

We could not manage to prepare and practice harder

for the cross-country competition that was ahead of us. Therefore, we didn't manage to get first position. Instead, we came out second. I'm sure that if it weren't for the disturbance caused by the epidemic, we would have flown out with the first position.

Having gone through this much experience, I can say that this disease taught me some points that are really important. A country needs good hygiene, and it's up to us members of it to protect it. Also, as the public, following the rules that are placed to us is very important at any time, because it is through those same rules that we were saved. These rules include washing our hands, boiling our drinking water and many others.

During this same period of the cholera epidemic, I noted down two points that really surprised me a lot. The first one was that the government banned all kinds of gatherings, including spiritual, forgetting that it is only through the grace of God that we could come out of this situation. The other surprising thing was about my area. Despite it being a little bit unclean, there was no infection or death record that was found.

I experienced a lot during this period of the deadly epidemic, and I hope it will not repeat because it was really bad.

"This disease taught me...[that] a country needs good hygiene, and it's up to us members of it to protect it."

~Nchimunya
Mukuwa

Chalo Trust School
Grade 10

INTERNATIONAL WOMEN'S DAY

BY MERVIS BANDA

It is a very special day because it is especially set apart for women. It makes women realise how special they are and also they are appreciated as women who are responsible in the world and that they contribute a lot, especially those who know themselves and have courage in what they do, like their talents and jobs.

I look up to Mother Teresa, Oprah and my mum. My mum means a lot to me, because she has always been there for me. She has always supported me by giving me advice and caring for me no

matter what I have done as a young girl.

In my life, I try to support younger women by advising them about life and guiding them if they are going through difficult situations. I do this by always trying to be a good example toward the younger women so that they should know how to be responsible and appreciated as a woman.

This symbolises a day when women are recognized and appreciated for everything they do, like working hard for a family and taking care of their children. I hope to con-



tinue celebrating it by being with other women and discussing issues concerning women in the society. For example, some of the house mothers went out to celebrate Women's Day.

"I hope to continue celebrating [International Women's Day] by being with other women and discussing issues concerning women in the society."

~Mervis Banda

*Pestalozzi Education
Center
Grade 10*

CONGRATULATIONS TO OUR EXECUTIVE DIRECTOR ON HER HONORARY DOCTORATE!



We are so excited to announce the continued and well-deserved success of our Executive Director, Mrs. Florence Nkowane Lutale, on the awarding of her Honorary PhD by CIDP and UNESCO.

Her graduation ceremony took place on April 6, 2018 at a conference about Youth Empowerment through Entrepreneurship.

Mrs. Nkowane is pictured here, center, with a fellow graduate and the awarding representative member from UNESCO.

INDEPENDENT SCHOOLS ASSOCIATION OF ZAMBIA

BY TERESA PHIRI



One of my favourite sports is long distance running. It has made me to enjoy participating in the cross-country competition which is held at different places every year. It is usually hosted by Independent Schools Association of Zambia (ISAZ).

This year's competition was held at Martin House Primary School. It took place on the 4th of February 2018.



Francine after competing at ISAZ.

My school started training in the second week of January. Our training

schedule was done every Wednesday at 15:30 hours. When the day of the event drew closer, we changed to every day at 14:20 hours. We would train by going out of school to run six and sometimes nine kilometres.

When the day of the competition came, I was nervous and anxious about the event. As we started off from school, I could feel that I was no longer nervous or anxious.

At first, the day started very well. It was a bright, sunny and cheerful day. I was happy knowing that I was going to compete on a very nice and pleasant day.

The competition started 20 minutes after we arrived with the

Under-10 girls and boys. It was not too long before my time to compete came. The boys were competing when it started raining. I was surprised how the weather had changed in such a short time.

When it was my time to go and compete, I was excited and happy. We were running in the rain; the ground was muddy, and a lot of girls

fell. I was happy to see how well I had performed. I came out in third position of sixty



Teresa after running her race.

participants. I was so proud of my school. It came out second position overall in the results. It was an amazing and wonderful competition. I was so proud of Chalo!

It was more than fascinating participating in the ISAZ cross-country competition. It helps young people discover their capabilities. Apart from this, it helps you keep your body in a healthy state. ISAZ sports competition also helps people reach their full potential by awarding scholarships. I love participating in ISAZ and am looking forward for the athletics competition which will take place in June this year.

"[ISAZ] helps young people discover their capabilities."

~ Teresa Phiri

*Chalo Trust School
Grade 10*



Lusungu Musonda (far left) and Francine Balasi (center, in cap and gown) perform in a skit during Chalo's Drama Night.

YOUTH DAY

BY ESTHER MULAISHO

There were many events that took place on Youth Day, but the main events are chronologically written down. In the morning, we had traditional performances. Students from different provinces showcased their traditions and such for cultures. Students from Southern Province being the last to showcase their culture, we dispersed for lunch.

In the afternoon, there were two inspiring events. The students inspired by soccer had their focus recognized, and they went out to play soccer with an outside team which they favourably won. Then those who are good at public speaking had the opportunity to debate. The debate was between boys and girls, and the boys won.

In the evening, we had a talent show. This was another special event, because youths in the boarding house had the chance to showcase the

potential they possess in different fields.

Some of my youth role models are Harriet and Naomi. I look up to them, because they have inspired me in a way that they encourage me to always have confidence in everything I do. Harriet always inspires me just the way she presents herself to people, and she always speaks words of advice to people, and she does not segregate.

I work hard to support other youths in my life in such a way that I try by all means to discover other youths' talents which match with mine and review them to them. Hence I strive very hard to participate in any activities on the table in order to be a good role model.

As a youth, Youth Day to me is simply the day which reminds someone, particularly myself, to reflect and see, discover and utilise the main abili-

ties in so that they can be used to better myself and others. It is also a day which gives me the sense of belonging to a certain group of people in the global village. It is also a day when youths can stand out for themselves and express their opinions and views. To that fact, I feel happy and stress free as a youth.

The hope for me is huge of how I will be celebrating Youth Day in the future. I hope that I will be able to celebrate it with some young groups of people which I will be the main facilitator of that group.



"The hope for me is huge of how I will be celebrating Youth Day in the future."

~ Esther Mulaisho

*Pestalozzi Education
Centre
Grade 10*

ZAMBIA MODEL UNITED NATIONS

BY TERRY CHISHIMBA



"[ZAMMUN] gave me a chance to bring out my own ideas. I learnt about international relations and how we can help protect other people's rights."

~ Terry Chishimba

*Pestalozzi Education
Centre
Grade 11*

Last year, I had attended the Zambia Model United Nations (ZAMMUN). It was really fun, and I enjoyed it. To my delight, I got to also attend the ZAMMUN Conference for 2018.

I was put in the United Nations Human Rights Commission (UNHRC), as the delegate of Germany. We debated on the abolishment of the death penalty and protecting the rights of LGBT individuals. These were topics that I had little information about, so I had to do a lot of research to understand what my country's policies were on the topics. I also had to research the UNHRC and the past resolutions that had passed on the topics. With all the research, I had to summarise all this information into a position paper and an opening speech.

During the last week of research, we started discussing the topics together as a school before we went to the American International School of Lusaka (AISL) where the event was held. This was

very helpful for students who were doing MUN for the first time. We helped them come up with a position paper and write their opening speeches.

The program was on the 17th of March. We arrived at AISL at 07:00 hours. We had registration at 07:25 and had an opening ceremony at 08:00 hours. We were then separated into committees. In our committees, we had to give



our opening speeches. I was scared when reading my speech, but it came out well. We then went into lobbying and merging, when we had to combine our ideas in order to come up with an effective resolution. We then had to debate on whether the resolution should pass or not.

After the debate, we had a pizza party which everyone enjoyed. This was the time when students of different schools had time to know one another.



I really enjoyed the event. It gave me a chance to bring out my own ideas. I learnt about international relations and how we can help protect other people's rights. I look forward to another MUN conference in Zambia.

Above: Ethen Kantu presents.

Left: Emmanuel Banda gives his vote.

Below: Faith Mulenga at the AIS podium.



MY EXPERIENCE AT ZAMMUN

BY BLESSING KASABO



It was in March when we were told that we were going for Zambia Model United Nations (ZAMMUN). We never knew what ZAMMUN was, but with the help of people who experienced it, we were able to get familiar with it.

We were given different countries and topics according to the groups. I was given a country called the United Kingdom and the topics that we were given in the General Assembly group were enforcing the role of women in development and the other one was eradicating poverty in sub

-Saharan Africa. We did all the research in the few days before the actual day we all wrote our speeches.

On the 16th of March, we were told that we will be going the next day at 06:00 hours. I felt a little bit nervous because it was my first time being at American International School of Lusaka (AISL). In the morning when I woke up, I did all my preparations, and then we started off. After we reached, I saw everyone was so happy and friendly, too. Then my fear went away.

Then it was time for the first ceremony. We went inside, they told us everything, and we sang the national anthem. After that, it was time to go into our groups. Then the chairs told the people in General Assembly the instructions when it was time for reading out the speeches.

Everyone read out their

speeches. Then it was my turn. I was nervous, but when I reached the front, I looked at the people and then my speech paper, and my fear flew away. I read through without making any single mistake.

When it was time for debate, I participated. After that, we went for a short break. When break time was over, it was time for making resolutions. I brought out new ideas and did my best, although it was my first time.

In the meantime, when we were going back to the last ceremony, I saw the Chalo students. It was my pleasure meeting them and I was happy to see my friend Grace again. When we entered inside for the last ceremony, they announced the best speakers, and after that we had a pizza party.

Although I wasn't part of the best speakers, I believe that next time I will be.

**BREAKING
FEATURE:
Grade 8
Blessing
Kasabo
takes on
ZaMUN!**



Left: Vincent Mwafurirwa listens attentively in order to contribute to the group discussion.

VALENTINE'S DAY

BY EMMANUEL CHANDA

"I would like to advise those students preparing for Valentine's Day to leave enough room for incidents."

~Emmanuel
Chanda

Pestalozzi Education
Centre
Grade 10



Valentine's Day is held on the 14th of February every year. It is a day when people exchange gifts of love with their loved ones, friends and family members. Pestalozzi Valentine's Day celebrations were held on the 16th of February, on a Friday. A lot of people, including parents, were addressed in the Valentine's attire. The main performance of the day was modelling.

The preparations for Valentine's Day started about two weeks earlier. People were eager to attend the actual Valentine's Day celebration. Everybody was excited and fully prepared for the event. The Head of the School gave his opening speech and the rest of the activities followed. The Master of Ceremony was very cheerful together with the audience. Apart from modelling, we had other activities which included poetry and dancing.

The whole event didn't turn out as expected, because we experienced heavy rains which flooded the performance hall. The perfor-

mances were disturbed, but they resumed after it stopped raining. The performances were cut short since we were behind time. This took away the lively spirit in people, thus making the rest of the events a bit boring.

The day finished on a good note. People were anxious about the results for modelling because the competition was quite stiff. I would like to advise those students preparing for Valentine's Day to leave enough room for incidents like this weather. The Valentine's Day celebrations should be started earlier than this year's. The general outcome of the event was excitement.

PHOTOS FROM THE TERM



KF students at Pestalozzi rehearse to act in a movie written by Harriet Mwanza. From left to right: Terry Chishimba, Harriet Mwanza, Mervis Banda, Lazarous Shamenda.

PHOTOS FROM THE TERM



Top left: Gap Year students Christian Chavula (front-most) and Rebecca Ndhlovu (left-most) working at BookWorld.

Top right: Gap Year student Mutinta Mubita works on an application for a university scholarship from the Russian government.

Left: Mr. Mukena in orientation with the new Pestalozzi Grade 8s and their families.

Bottom left: Chalo Grade 8s and their guardians after orientation.

Bottom right: Mrs. Nkowane (right of the gentleman in the yellow robe) with her fellow graduates and representatives from UNESCO and CIDP at their graduation ceremony.



SAT PREPARATION

BY VINCENT MWAFULIRWA



"My advice to all the students who are going to take this exam is that it will either stress you or make you better."

*~ Vincent
Mwafulirwa*

*Chalo Trust School
Grade 12*

I learnt about the SAT prep in Grade 11 Term 3. We were expected to start during the December holiday preparing and learning.

My first reaction to this was fear of failing and nervousness. I began to think Mina, the KF fellow, was trying to test who was the best student among the Grade 11s. But it was about taking this exam to find better placements in university.

SATs consist of two subjects: English and mathematics. They contain topics from our school syllabus but they are advanced and depend on time and accuracy to finish them.

The SAT preps are led by Mina, who takes us through questions and helps us to grasp complicated concepts. It's two hours long, so we do one subject per hour and have assignments to take as homework or extra work. Additionally, it's student oriented in that we present our problems in

dealing with the assignments and she introduces students who understand it better to explain.

During the two hours of learning we take exercises and assignments to do. These freak me out and make me feel like I will fail, but it helps to force myself while we are learning to understand the task and concepts guiding it. I also do some of those questions during my free time in class and

complete assignments.

I have learnt a lot from this practice, but one surprising thing was how easy it is to identify figurations, parts of speech and reference of passages by simply using word choice and opinions of the writer. I have improved in my English exceptionally. I have also learnt exciting things in mathematics like how to do graphical equations just by using a simple



Some of the KF Grade 12 students practice reading strategies as they prepare for the upcoming SAT Exams.

it helps me to clear my mind.

This time, I now feel free and less nervous to approach questions because I have had a test of some questions and what they ask for. I am certain in October when I write I will be more accurate and vigorous to do it. To achieve this, I will continue practicing how to read, work out and write the test within the allocated time by monitoring testing and engaging in group discussions to

formula and how to do equations of a circle.

My advice to all the students who are going to take this exam that it will either stress you or make you better. Use them to your level best and everything will fall into place.

MENTORSHIP

BY LUSUNGU MUSONDA

Mrs. Shivani Patel is the Director of BookWorld and my personal mentor. This woman has always been my role model since the day we first met. Thanks to her great skills of leadership and support, I have learnt to appreciate people around me. Generosity and kindness are always the morals I practice whenever I remember her.

In as much as I have the chance to spend time with her, I can always pour out my individual concerns. This does include how I feel when I miss her presence and embrace. Mrs. Shivani has really been a person I could always look up to in my saddest and happiest moments. Reconnecting with her has never been hard for me because she

goes straight to asking me about how I have been and how I have worked out some issues I have had, questioning what I have been up to. She listens and corrects me each time.

I pray that she may never depart from me. She has become my second mum since Grade 8, and I love to have her as my mentor always. She is a true blessing. Through her example, I am able to encourage, listen to and advise the younger KF students. I am more open to correction even from someone younger than me, because I know that wisdom can never be known by myself alone.

To my fellow KF students who are not certain on what you and your men-

tor can talk about: be yourself. I advise you to not be shy, because they have been there too. With respect, let them be your friend and parent. You never know who you can become after your life experience with a mentor. So be confident and understanding even if they don't visit you as often as possible. Always be grateful for their visits.



"Thanks to [my mentor's] great skills of leadership and support, I have learnt to appreciate people around me."

~Lusungu Musonda

*Chalo Trust School
Grade 10*



Left: Susan Kamono and Terry Chishimba discuss essay topics for Yale Young Scholars program applications.



Right: Emmanuel Chanda and Lazarous Shamenda work on their essays for Yale Young African Scholars applications.

Office Location:
Marshlands Village
Apartment 18, Block A
Great East Road
Lusaka, Zambia.

Mailing Address:
Post Net Box 214
P/Bag E891
Manda Hill Centre
Lusaka, Zambia

We're on the web!
Visit us at:
kucetekelafoundation.org



OUR TEAM

Oliver Barry
Co-Founder and
President

**Florence Nkowane
Lutale**
Co-Founder and
Executive Director

Simasiku Mukena
Co-Founder and Finances
and Programs Manager

Mina Shah
Programs Coordinator

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!

Coming next term! Stay tuned for...



KF students meet at the office for SAT prep orientation and Yale Young African Scholars and Yale Young African Scholars applications. Stay tuned for performance updates next term!

If you were encouraged by our KF students and would like to contribute towards their education, please contact **Mrs. Florence Nkowane** at
+260 971594959 or
kucetekelafoundationzambia@gmail.com
to make a donation.

KUCETEKELA FOUNDATION