



Kucetekela Foundation Student Newsletter



Term III, February 2017



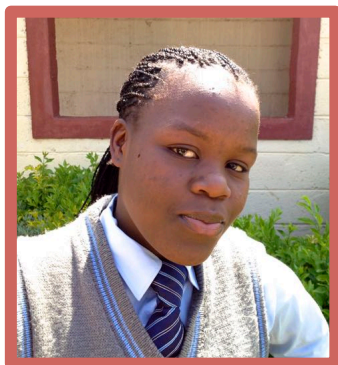
Dear Readers,

As the editor, it is my pleasure to warmly welcome you to the Term III 2016 KF student newsletter, also my last newsletter as editor. The end of Term III was quite busy, and we wanted to capture the events taking place over the December holiday, so we decided to put the newsletter together this January. We hope the stories will educate you about what we do as KF students!



We have articles that outline activities that took place at Chalo and Pestalozzi during term three, which include the graduations and school showcase! We also highlight important KF activities that happened outside of the schools, such as work experience and activities with mentors. Enjoy!

Sincerely,
Christian Chavula, Grade 11, Pestalozzi Education Centre



Graduation Day

By Rabecca Ndhlovu, Head Girl, Grade 11
Chalo

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Graduation day is one of the most exciting events at school that everybody looks forward to, especially the graduates. The Pestalozzi graduation ceremony was held on the 25th of November 2016 and is one of the memorable events of that year.

The graduation preparations, such as the decoration of the school hall and other things, were all organized by the graduates as they wanted everything to be perfect on that day.

On the actual graduation day, the graduates were dressed in their best clothes, looking more beautiful and handsome than ever in the black and gold gowns as they danced their way to the seats. The graduates started dancing from the front office of the school going to the school hall which was packed with an amazing audience. When they saw the graduates coming in, they couldn't hide their joy, so they started slapping, taking pictures and videos of the event. The ceremony started officially immediately after the graduates took their seats.

The ceremony was held under the theme 'baked to serve' and had a good number of speeches from different speakers from within and outside the school. The speeches were mainly words of encouragement to the outgoing students. Afterwards the graduates were awarded with the certificates of completion of high school and the prefects' certificate which were only given to the outgoing prefects. The school did not forget also to award the remaining students with certificates of academic excellence.

Being the head girl of the school, I was given the responsibility to organize the prefects for the big day so that they maybe peace and order during the event. Being selected as the new school head girl is a great achievement for me because it is one of the highest leadership position that every student at any school would wish to attain most especially for a girl child. Although the position comes with a lot of responsibilities at least I will be able to gain the experience that I need in order to become a good leader as saying goes experience is the best teacher.

Additional note: We have three new head boys and girls in our midst: Kellyson Siamunjo and Lydia Njobvu at Chalo Trust School, as well as Rabecca Ndlovu at Pestalozzi Education Centre. In addition, three new KF students have been recognized for their blossoming leadership skills by being named prefects: Philip Mtamira and Cararise Lubamba at Chalo Trust School and Martin Milanzi at Pestalozzi Education Centre.

Class of 2016 at Pestalozzi Education Centre

Andrew Muchafara Shumba...



...is an intellectual who is goal-oriented and determined in what he does. He is a person that is courageous enough to face and overcome whatever challenges come his way.

I first met Andrew on the 13th of January 2013. He was only a year older than me and he was pleased to know me. We lived together at Auntie Bessie's boarding house. He was in grade 9 and I in grade 8. Knowing him was one of my ups in life. There were days we would argue and he would be angry with me, but a day would barely pass and we would patch things up.

From the time I met him till now, I have known Andrew as a very intelligent person and very ambitious. I remember the day I failed in mathematics, he shouted at me and told me to pull up my socks. He told me that being KF was the best thing, but I had to prove myself worthy of the scholarship. With those words I felt my strength come back, for it had left me when I got those poor results.

Nevertheless, during his spare time, he could read a lot of novels, play Basketball on the weekends especially and socialize with his other friends.

My experience with Andrew has been amazing. I have learnt a lot from him. He has shown and taught me how to work hard in school. He was always telling me never to give up on my goals and that is really true because I did exactly as he said and it is paying off. He always wanted to see people happy and reach out whenever he could.

I strongly believe and trust that he will remain as he is and raise the KF flag high. I also believe that he will reach his goals because determination is something that he is always had.

By: Nathan Mayembe, Grade 11, PEC

Class of 2016 at Chalo Trust School: Reflections on My Time in KF By Jessy Njungu, Grade 12

My name is Jessy Njungu and I am in Grade 12 at Chalo Trust School. I can vividly remember the time I came to Chalo because I was excited and scared at the same time. I was going to start a new chapter in my life-I didn't know how it would be. I knew that I had to be focused and do very well in school because I was on scholarship. I struggled when adjusting to the new environment but with time, I got a hang of things. I have been very proactive from the time I joined KF. Some of my great achievements are: being named class monitor from grade 8-10; dormitory captain; councilor of Scripture Union; school head girl and an active member of many sports and club activities. I have grown to love Chalo Trust School a lot. I have discovered that I can run and sing very well and am a good public speaker. Chalo has been my home for about 5 years and it has nurtured me into someone who can relate well with different kinds of people, be organized, kind, and patient.

My journey in KF has been amazingly beautiful. I have met so many beautiful souls and a good example is my mentors, Anthony and Kate. They are extremely awesome. I have had the best times with them and talking to them is always a treat. I learn a lot from them and I am grateful to KF for the opportunity that they have given me to meet such people including KF staff themselves.

In grade 10, I attended work experience which enabled me to live my dream. KF has not only impacted positively on me, but my family also. KF has taught me to be grateful, selfless, responsible, respectful and mature.

In conclusion, my journey in KF and Chalo has been life changing and I thank God for all the care, support and love that KF has shown me.



Jessy (center in blue) at Chalo Trust School Graduation

I Am Pestalozzi: The Pestalozzi Exhibition

By Faith Mulenga, Grade 10, PEC

The Pestalozzi exhibition was held to make an open advertisement of the school by showcasing the talents and original creations of its pupils. It took place within Pestalozzi Education Centre and lasted for one week, culminating in a showcase on Saturday. During the week of the exhibition, we had various activities with guests each day.

On Monday, we had Circus Zambia coming to our school to teach us their gymnastics skills. Then in the afternoon they gave us a performance to showcase their gymnastics skills. On Tuesday, we had peer teaching and class discussions.

Teachers did not have to teach since students became teachers. On Wednesday, we had 'creative madness.' Two groups in which I was a member, (Barefeet and NASAZ) gave performances that represented creative madness. On Thursday, we had creative sports. It was done in a way that each class participated. I personally played basketball, volleyball and soccer for my class. We also had a team called "The Divas" playing basketball with our school's girls' basketball team together with a female basketball player from the Zambian National Team. On Friday, we had the dress rehearsal putting in order everything that was to be done for the showcase, directed by KF fellow Jessica Clarkson.

On Saturday, we had the final show. It started around 10:00hrs and ended around 14:00hrs. We opened with the national anthem done by the school choir and I participated. Then we began 'I am Pestalozzi,' an original play showcasing what happens at Pestalozzi, a combination of short scenes and original performances, such as poetry about school sports, dances portraying all the different cultures of pupils at school, etc. One of the scenes was showcasing the 'skills' at Pestalozzi and some of my fellow KF students performed live a song that they composed by themselves together with a few other students. Lastly, we had a song composed by the great Maureen Lilanda and her band. I, together with Nelly Kalukango, was in the song lead. The show was closed with a song by Maureen Lilanda. I really enjoyed the exhibition because I was active in all the activities that were done each day.



**Barefeet Theatre facilitator Chembe
motivates the drama club**



**Zambian singer Maureen Lilanda
performing at the showcase**

Mentor Corner

Gratitude from Mervis Banda, Grade 8, PEC

It was a very exciting day. We went for a mentor's luncheon. I was very anxious to meet my mentor. Then finally David Lunde introduced her to me.

We had a talk, she told me her name was Muke and that she works at a certain clinic as a nurse. She is so caring and kind. She visited me at my home to see my parents and encourage me to work hard in order to live the better life that I so much want and in order to achieve my goals.

She plays an important role in my life and her kindness has left a permanent mark in my heart and it can't go without saying how thankful I am. I have learnt a lot from her, including

helping others and acting in a kind way.

I wish you all the best in all you do and I hope you will inspire more people just as you have inspired me through your kind acts, hard work and your career.



Mervis and Muke at the Mentor Luncheon

Gratitude to KF Staff from Lazarus Shamenda, Grade 8, PEC

Being in KF is a great experience because I am acquiring so much more than I am able to write. KF is assisting to educate me in many ways-academically, socially, mentally, morally and physically. They provide me with a comprehensive scholarship, up-to-date textbooks, capacity-building lessons and more. Mrs. Nkowane and Mr. Mukena visit on weekends to talk to us-discussions which are building and inspiring. David and Jessica have been like mentors to me since I became a KF scholar. David once said to me, "Lazarus, the key to success lies in your hands—you have the ability to be who you want and to do what you want." These words inspire me to work hard in all that I do.

I say thank you to KF officials for their input, hard work and help that they have rendered to me and my family. I pray to God for guidance in the KF program.



Lazarus Meeting his Mentor, Kurt Bandle, Chef at Three Trees Restaurant

Mentors Going Above and Beyond: KF Scholars Travel Out of Lusaka to Train Climate Ambassadors By Mrs. Ethel Brome-Mbaya

Being Emmanuel Banda's mentor these last few years has been an incredible experience. I call him "my little gentleman" because he is always so courteous.

I run a Not for Profit School on our farm, focused in teaching literacy to the grassroots children that have had a poor educational foundation in our community. Many of our students look up to Emmanuel and he is such an inspiration to them. They want to work hard and do as well as him in school, so they really enjoy his visits.

His eagerness to learn has made it easy to involve him in many of our family's extracurricular activities, one of which was becoming a trained Climate Justice Ambassador for an international youth-led environmental organisation called PLANT-FOR-THE-PLANET.

This organisation is a global network of young environmental activists that take action against the effects of climate change in a variety of ways one way is by training other ambassadors to join in and do the same.

In December 2016, First Quantum Mines invited us to travel to Kalumbila (Solwezi West) for 4 days where Emmanuel and former KF Scholar Jessy Njunga had the opportunity to train over 110 new ambassadors and plant 220 trees at 2 Educore Schools, Sentinel and Nkisu. The students there were extremely impressed by their confidence and passion; many vowed to follow in their footsteps.

I am confident that Emmanuel will continue to make me a very proud mentor.



Jessy and Emmanuel in the plane,
traveling to Kalumbila



Jessy (far left), Emmanuel (second
from left) and two other youths
training new ambassadors in
Kalumbila

Mentoring Activities for Great Relationships**By Pamela Pio, Mentor to Simangele Magodi**

One of my memorable events in 2016, was when I met my mentee Simangele. As expected, she was initially shy, but after I gave her a hug and told her that I was excited to meet her, she relaxed. It took a while for her to open up but before long we were chatting and getting to know each other better and forming a new relationship.

Like all relationships in our lives, mentors will need to spend time to nurture and grow the relationship with a mentee. This will require that mentors dedicate time at least once a month with the mentee doing various activities and below are some ideas that I have used:

1. Give your mentee a book to read

Enhancing a reading culture for a mentee is important, since the most successful people in life are curious and one way of satisfying their curiosity is by reading. Giving your mentee a book to read and having an occasional book discussion on how the book affected the mentee will enhance the relationship. Alternatively, you could ask the mentee to prepare a one-page book report, then talk about it. If the mentor is not a big reader, a magazine or newsletter can also be used and it will satisfy the curiosity.

2. Attending an art exhibition

Taking a mentee out to any event will enhance the relationship as it provides an informal environment to have a casual discussion while exposing your mentee to a new environment. The mentee will have an opportunity to mingle with artists and also meet new people from different walks of life which will enhance their interpersonal skills.

3. Share a recent success story

Talking about a success story helps demonstrate a person's strengths and skills and might sometimes reveal some weakness as well. This will provide an opportunity for the mentor to compliment the mentee as well as provide an opportunity to discuss areas of growth and improvement. The sharing can be done by both the mentor and mentee.

4. Set goals and targets for each term

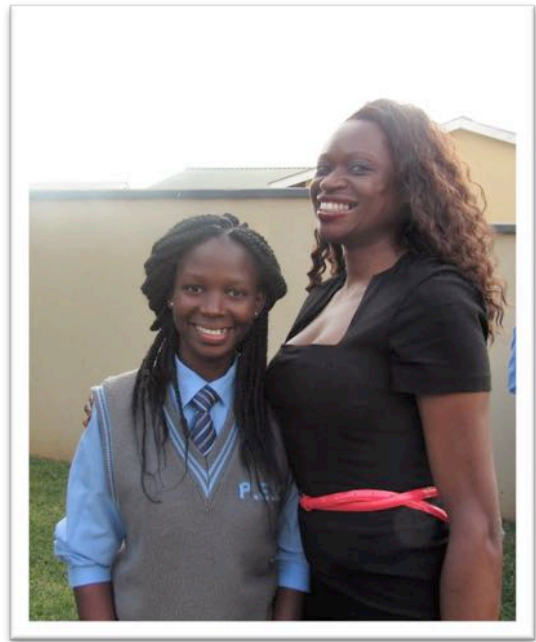
This will provide structure to a mentoring relationship and a roadmap on the areas the mentee needs to address and work on. Mentors should take time to review the previous school term report. The mentor should remember to compliment the mentee in the subjects they have performed well and also discuss areas of challenges. Together with the mentee set realistic targets for the next term as this will encourage the mentee to work extra hard.

5. Attend school events

Supporting a mentee by attending a school event in which the mentee is participating is highly encouraged. This encourages the mentee to work hard both academically as well as in sports and other social events. A mentor should encourage the mentee to grow in various spheres of life as a way of also identifying different talents.

6. Plan joint activities with other mentors

Interacting with other mentors and their mentees provides an opportunity for building a relationship with other mentors and also a comfortable environment for the mentee. As the saying goes the more the merrier and it will be a lot more fun.



Home Visits: Mentors Meet Mentee's Families



Mentor: Shivani Patel, Director of BookWorld
Mentee: Lusungu Musonda, Grade 8, Chalo



Mentor: Elizabeth McCarthy, Team Director at CHAI
Mentee: Francine Balasi, Grade 9, Chalo



Mentor: Lindsey Hehman Soares, Program Manager at CHAI
Mentee: Cararise Lubamba, Grade 10, Chalo



Mentor: Pamela Pio, Lawyer at Barrick Gold Corporation
Mentee: Simangele Magodi, Grade 11, PEC

Work Experience Over the December Holiday

In December, six Grade 10 and one Grade 11 students completed 1-2 weeks of **work experience** at companies and organizations around Lusaka, five of which were new partners for KF. These include: **Clinton Health Access Initiative** (Lydia Njobvu, Chalo), **Barefeet Theatre** (Emmanuel Sakala, PEC), **Metropolis Healthcare Limited** (Ased Chipangano, PEC and Cecilia Banda, Chalo), **Tiny Tim and Friends HIV Clinic** (Mercy Mulenga, Chalo), and **Modzi Arts** (Nelly Kalukango, PEC). Our longterm partner **Rock Insurance Brokers** graciously hosted Vincent Mwafulirwa (Chalo) for two weeks.



(above) Emmanuel Sakala, assistant director at Barefeet Theatre

(below) Nelly Kalukango with Julia Katongo, Artistic Director of Modzi Arts



Mercy Mulenga (above) at Tiny Tim and Friends HIV Clinic; Cecilia Banda (right) looking at data on a computer at Metropolis Labs

Ased Chipangano (right) using a microscope at Metropolis Labs



My Work Experience at Clinton Health Access Initiative

By Lydia Njobvu, Grade 11, Chalo Trust School

When I was first told I was going to do my work experience at Clinton Health Access Initiative (CHAI), I anticipated that it would all be about medicine, working with nurses, doctors and so on, but my experience was not all about that.

The first day I went to the institution, I was told exactly what CHAI is all about. It is not a clinic as I thought, but an institution that works hand in hand with the Ministry of Health to eradicate various diseases such as malaria. At CHAI, a lot of research goes into finding statistics before involving donor agencies.

I met people in different professions such as the human resources manager, the accountants, the receptionists, a lot of researchers, the program coordinator and a group of people who work under pediatric HIV. I am glad and proud to say I worked with all these people and learnt various skills from them.

Every morning, upon reporting to my work place, the human resource manager Mr. Isaac Kagula gave me a word of encouragement before I proceeded with my duties, as he was my employer. I also attended their daily briefings and would ask a couple of questions at work, therefore carrying out my responsibilities effectively.

I feel this article would be incomplete without mentioning all the fun I had with the drivers and the cleaner every single day especially during lunchtime. I enjoyed being with these people because they used to make me laugh every minute I spent with them and I really appreciated their sense of humor.

I wish such opportunities would come not only once but several times because this was a perfect platform for me to learn and the list of what I learnt is inexhaustible.



Lydia with her supervisor, Mr. Isaac Kagula, on her first day at Clinton Health Access Initiative

Grade 8 and 9 Students: Reflections at the End of Their First and Second Years with KF

My Experience In Grade 8

By Emmanuel Chanda, Grade 8, Pestalozzi Education Centre

Grade 8 has been fair and successful, and I have really learnt a lot both physically and academically, although I had a hard time coping with the environment at first. With the help of my friends it has gotten much better.

During my first term in grade eight till now, I have grown both socially and academically as a person and as a student and it has helped me discover my abilities. I personally consider grade 8 as a hardworking, experiential and a successful grade. Grade 8 has impacted positively on my academics.

Being a grade 8 was interesting but not simply because it needed good effort and hard work in terms of studying. I am glad having graduated to 9th grade and am proud of my advancement in my academics. I say thanks to KF and everyone, for giving me the support and help I needed. I am wishing our new grade eights good luck!



Adjusting to Life at Chalo Trust School

By Peter Sichona, Grade 8, Chalo Trust School

I have adjusted to life in KF because it is a really big family that helps my own family and I in such a big way.

I remember in 2015 when I was not part of KF, I was not like the way I am today. My manners were not like this.

Sometimes when I go home, I just pray to God to thank him for all he has done for bringing KF into my life. I have adjusted to this environment with the help of Jessica, Mr. Mukena, Madam Nkowane and not forgetting last year's KF fellow David Lunde. David Lunde encouraged me in many ways, in his words I drew inspiration and learnt to be independent.

Right now I am starting my grade 9 in 2017 with fellow Jessica and she is not just a fellow but a lover of all the KF students. I have changed in this place in terms of spiritual activities, language learning and I have experienced a new lifestyle all because of KF.

The school has helped me in my studies. This school has helped me to know my goals in life.

Sometimes when I go home, I feel like I don't belong in that place but feel like God has blessed me to live in a civilized society with the help of KF and my mentor.

In life I promised myself not to give up and not to follow but lead. I may not have much to say but I told myself "Bon chance."



Grade 8 and 9 Students: Reflections at the End of Their First and Second Years with KF

How the KF scholarship has benefited me and my Family

By Samuel Mutale, Grade 9, Chalo Trust School

Getting in the KF program is something that is not easy, it took hard work and proving myself deserving of the scholarship. Over the past years I have come to understand why coming in is such a long process, this is because being a KF student comes with a lot of responsibility and benefits. Getting this scholarship has had effects on me and my family in many ways. I actually can't manage to say all of them, but I will say a few.



1. The KF scholarship has enabled my family in terms of getting a good accommodation and provide a better education for my siblings
2. I am now attending a high quality education at Chalo Trust School, something that would have thought not possible.
3. The scholarship has helped me understand the real reason I go to school and has given me a drive to succeed.
4. It has helped me realize my dreams and I feel I am on course and moving in the right direction.
5. The scholarship has made me rethink my abilities and prod me to achieve great height in education and discover more about myself.
6. It also gives me the courage to get good grades so that I can achieve my dream and become a successful person in the future.
7. This scholarship makes my mom feel happy and comforted, and we give thanks to the almighty for it. Lastly I would like to thank KF for presenting me with such an opportunity, because such opportunities are rare.

Opportunities at Chalo Trust School

By Nchimunya Mukuwa, Grade 8, Chalo Trust School

Being at Chalo trust school has changed my life in so many ways. To begin with, when I was at home I never knew a lot about academics, but when came to Chalo, I learnt how to take my studies seriously and how to be responsible for all my academic work.

At Chalo I have risen in my spiritual life. Chalo is a Christian school, so we are mandated to attend fellowship at the chapel which has been of help as compared to when home.

In physical fitness, Chalo trust school has helped me to develop in this context. This has been possible as a result of the Chalo management's interest in sporting activities, despite academics being the core of the school's mission.

At school I was also able to develop my talents. When I came to Chalo, I discovered that they offer platforms for pupils to develop and practice their talents. With time when I put the platform to use I became able to bring out my interest in music and was also able to play instruments. I was also able to share the songs I had written but kept to myself because I was shy.

For all this, I thank the Kucetekela Foundation board for it possible for me to attend secondary at Chalo Trust Chalo, and this has presented me with many opportunities.



Founded in 2006, the Kucetekela Foundation (KF) is a non-profit organization that provides scholarships to Zambian boys and girls who are academically promising, but financially disadvantaged to attend excellent secondary schools. This holistic scholarship, combined with KF's mentorship, work experience, and community service programs equip KF scholars with the skills to be leaders in their schools and communities and contribute positively towards Zambia's future.

Our Team

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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.

**“Education is the
most powerful weapon we
can use to change the world”**

—Nelson Mandela