

STORIES FROM THE FIELD

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KUWALA
Christian Girls School



■ ISSUE 02 | FEB | 23_007

WE ALL PLAY ON GAME DAY | 02

PUTTING IN THE WORK | 04

STUDENT + TEACHER PROFILE(S) | 06

CONSTRUCTION UPDATE | 12

WE ALL PLAY ON GAME DAY

A WELCOME BREAK - SPORTS DAY FOR KUWALA!

Time for some fun in February! Some students did not write exams and participated in a Sports Day with a nearby school. Our netball and football teams were ready to take on their opponents. There was a break in the rains, and the sun shone for a great day of activity and friendship building. The teachers were inspiring and encouraged the girls to play fair and play with confidence.

Later this month, after mid-term exams, all the girls and staff participated in sports day at Kuwala. The girls, with their teachers, played football and volleyball games on the soccer field. Many of us may remember playing the chair game when we were young, bringing on bouts of laughter and cheering for each other. Sports and physical activity contribute to and encourage a healthy body and mind.



PLAY ON GIRLS

**Healthy competition generates
friendship and teamwork.**

Competition is a powerful motivator, driving the girls to push beyond their limits and reach new heights when they work together as a team.

■ *Kuwala's football(soccer) team. Kuwala_2023.*



GREENSPACE

Greenspace provides numerous benefits, including improving air and water quality, reducing urban heat island effects, and promoting biodiversity. Access to greenspace has been linked to reduced stress levels, improved cognitive function, and increased physical activity, which can lead to better overall health outcomes.

PUTTING IN THE WORK

IT TAKES A LOT OF HARD WORK TO ACHIEVE GREAT RESULTS.

The teachers and students at Kuwala are committed and willing to continue lessons on the weekend and during academic clubs in the evenings. Science club, for example, provides additional review and application of the concepts learned in class. The students have the opportunity to ask questions and discuss one on one with the teacher and their peers. At the beginning of the school year, each student receives a file binder to keep work papers, exams and notes, for continuous study and review throughout the year, especially at exam time.

Consistent study habits are encouraged, always and everywhere! Students can find excellent reference material in the library, and the outdoor campus has plenty of new green space to stimulate the mind and make study time more enjoyable.

A photograph of two students in yellow school uniforms and blue ties. One student is leaning over a green wooden table, looking at a book. The other student stands behind them, also looking at the book. On the table are several books, including one titled 'Biology' and another 'Senior Secondary'. The background shows green foliage and a brick building.

**NATURE IS NOT
A PLACE TO
VISIT, IT IS
HOME. TAKE
CARE OF IT.**

”

**KUWALA'S
GREENSPACE**

STUDENT PROFILE

**MEET CAROLINE, FORM ONE
STUDENT, IN HER OWN
WORDS...**



■ Caroline walking in the rain. Kuwala_2023.

I am in Form One at Kuwala Christian Girls Secondary School.

Let me tell you about my family. We are six members in our family. Two are parents, and four are children. In addition, the first-born was married last year, and the second-born is in form three. I am the third-born; the last born is in Standard One. My Father is a farmer. I am excited to get an education at Kuwala Christian Girls Secondary School because there is quality education and hardworking teachers. My parents could not afford to pay for me in other schools.



■ One of Caroline's favourite activities is checking in on the crops in the greenhouse. Kuwala_2023.

My favourite subjects at Kuwala are sciences like physics, chemistry, biology, mathematics, English, agriculture and geography. I enjoy living at Kuwala because there is more protection, high-quality education and well-educated teachers.

I enjoy many other activities at Kuwala, including sports, clubs, trips and entertainment. In the past, when I was not in classes, I liked to study, review my notes and prepare for the next lesson. In addition to that, I enjoy going to the library and looking at other books and reading.

**THANK YOU FOR ALLOWING ME
TO GO TO SCHOOL. THANK YOU
FOR PRAYING FOR MY FAMILY
AND ME.**





CHAIR GRABBIN'

**WE ARE NOT SURE WHAT THE
RULES OF THIS GAME IS BACK
IN CANADA BUT IT SURE LOOKS
LIKE IT'S FUN.**



■ The chair grabbin' game was just one activity out of many played during Kuwala's sports day. Kuwala_2023.

The value of 'play' is essential to human development and well-being, providing numerous benefits for individuals of all ages. Engaging in sports can help promote creativity, problem-solving skills, and cognitive development. It also supports social and emotional growth, providing opportunities for individuals to interact with others, develop empathy,

and learn how to regulate their emotions. Play can also give a sense of joy, relaxation, and stress relief, contributing to overall mental and physical health. Whether it involves playing games, sports, or engaging in imaginative activities, play is crucial to a healthy and fulfilling life.

TEACHER PROFILE

**MEET MR. LOYDWEL KATANGA,
IN HIS OWN WORDS...**



■ *Mr. Loydwel, Geography, History, and English teacher.
Kuwala_2023.*

I am catholic, 28 years old and married. I possess a Bachelor's degree from Mzuzu University, majoring in the humanities.

I teach Geography, History, BK and English Literature. The students at Kuwala are curious and always ask questions about whatever they do not understand. It helps them and even the teacher to move forward together. Spiritually, they believe in God, as shown in daily communication with God through sharing the word of life. I have noticed the students at Kuwala are physical as they enjoy manual work and sports, which benefit them.



■ Mr. Loydwele in action. Kuwala_2023.

If this hard work continues, everything will be possible for them. I see them having a bright future, provided they keep working hard just as their teachers do, looking to the Lord as the source of wisdom. Firstly, the help Kuwala offers to new and financially not stable teachers is good. Being the beneficiary, I appreciate that because I could not have managed to come up with my situation. The salary also convinces someone to commit to his duties at Kuwala. I am grateful for our meals as many of us teachers come from outlying areas.

**I AM GRATEFUL FOR OUR MEALS
AS MANY OF US COME FROM
OUTLYING AREAS.**



CONSTRUCTION

UPDATE FROM THE FIELD

The buildings are nearing completion. Unfortunately, so much of the time, Malawi has inconsistent power and blackout periods, forcing projects to take longer than expected to complete. However, our team in Malawi does an exceptional job managing the constraints of the projects to ensure the quality of construction. In addition, much of the building involves manual labour, so work can continue despite un-reliable power. Once complete, the projects are impressive, well-constructed and very long-lasting. Limbikani, the school plumber, tries to keep water running for the campus with the help of a generator.

Our solar power project is necessary to reduce the dependency and expense of a generator due to the constant power uncertainty.



■ Limbikani checking the button to press to start pumping water using a gen-set. Kuwala_2023.

POWER DISTRIBUTION

With inconsistent electrical power from Malawi's national grid, Kuwala has taken the proactive approach and installed a gen-set as a reliable backup power source to run the pump needed for distributing clean water.



■ Plastering in progress in 2nd duplex. Kuwala_2023.



■ Water drainage constructed at 1st duplex. Kuwala_2023.



■ Final touches on wall closet, 1st duplex. Kuwala_2023.



■ View of 1st duplex from 2nd duplex door. Kuwala_2023.

SECOND CLASSROOM



■ Window technician finishing installation on the second classroom block removing the plastic protective wrap. Kuwala_2023.

MEET OUR NEW NURSE

LIVINESS NYANDA

HEALTH + NUTRITION FOCUS

Creating good habits for a future of health and wellness.

The Covid pandemic taught us many ways to prevent the spread of viruses. Kuwala has continued to replicate these measures and ensure the campus stays healthy. Nyanda, discusses preventive measures for diseases, including Cholera.

ARE YOU A MEMBER OF A SPORTS TEAM OR A CHURCH YOUTH GROUP?



Are you planning a golf tournament, or are you a Church congregation looking for an International Mission? Please consider Kuwala if you are planning an event. Becoming a partner in fundraising to support an all girl's school in Africa makes a measurable difference in the students' lives when there is no other option for education. We would be happy to have a discussion. Check out our website at Kuwala.org or connect with us at info@kuwala.org

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