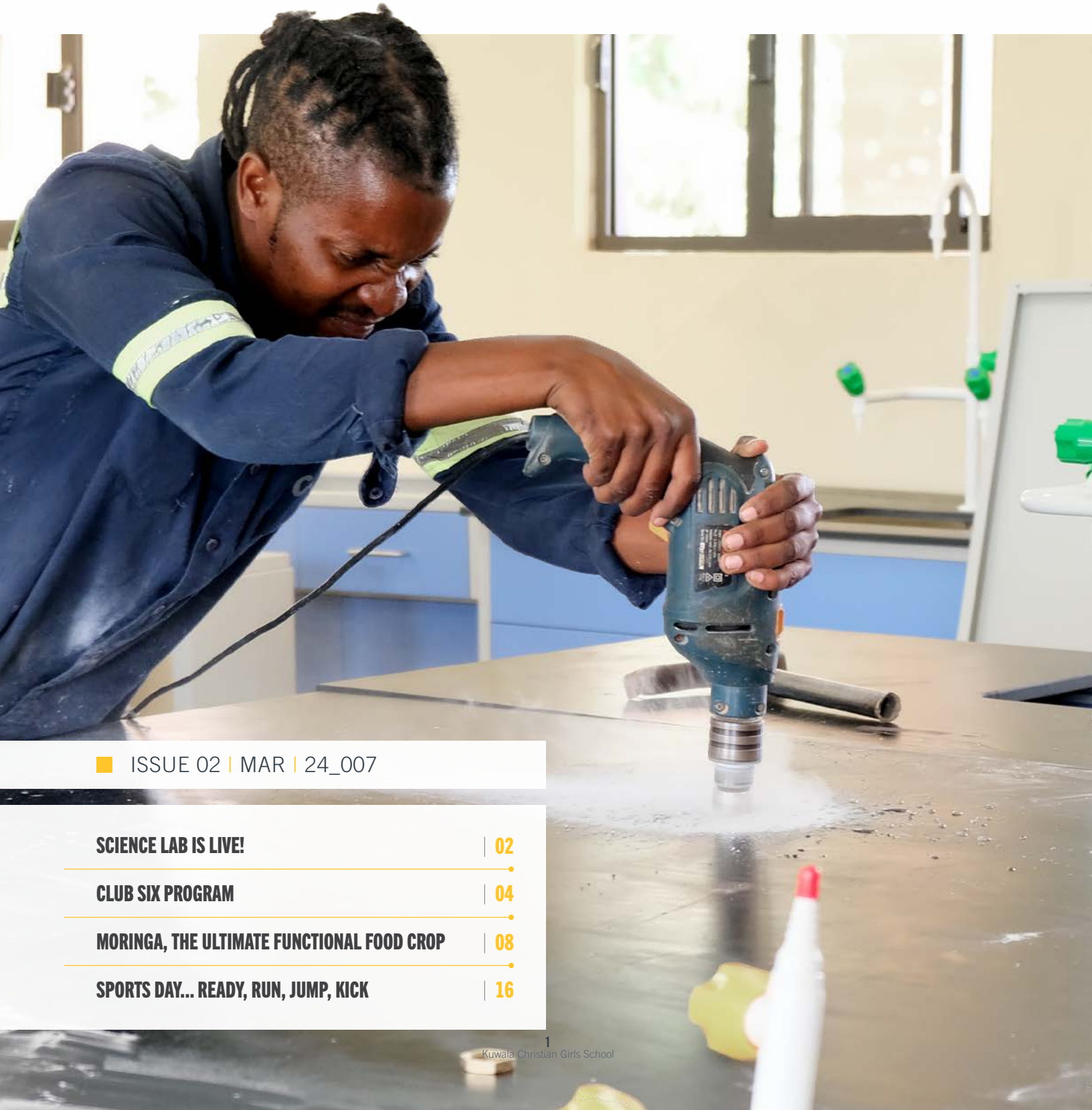


STORIES FROM THE FIELD

CRA Charitable Registration N° 800640062 RR001



KUWALA
Christian Girls School



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SCIENCE LAB IS LIVE!

THE CONSTRUCTION CREW HAS FINISHED THIS STATE-OF-THE-ART FACILITY.

The science lab is finished at Kuwala and is proving to be a state-of-the-art facility. It's a science classroom uncommon in any secondary school in Malawi. Having a science lab at Kuwala puts the school at a better advantage, leading the way and being ahead of the public schools. The science lab has multiple built-in electrical outlets and gas and water fixtures. The newest addition to the lab is a projector that provides classes with online lesson videos, and instruction. The students now have a complete and practical science learning experience, with live research, experiments and results. This facility will enrich chemistry, physics, biology, and agriculture learning. At the beginning of March, students participated in mock exams in science, and this was the first time at Kuwala that students could perform the practical exam in the new science lab. Mock exams are in preparation for the Malawi National Exams in June. Forms 2 and 4 write yearly.



■ Science lab was put to immediate use. *Kuwala_2024.*

The lab is equipped with all the experiment materials, making research, conducting testing and live demonstrations possible. Earlier, students had only the opportunity to read about the experiment and see results through pictures from books or online videos; now, they can test the experiment in the lab, which is a more significant learning experience. It is the future direction of learning at Kuwala.





CLUB SIX PROGRAM

ARE YOU EAGER TO LEARN MORE? JOIN A CLUB!

Kuwala has implemented a variety of extracurricular clubs on Fridays. The clubs aim to develop students' skills and provide a platform where they can apply their skills to solve real-life challenges. Club participation can also hone their communication skills, foster creative thinking, teach them how to collaborate effectively with their peers and present opportunities for student leadership. For example, chess club, although a challenging game to learn, helps to increase reasoning and problem-solving skills, develops patience and improves cognitive function, helping one become more mentally sharp and alert. The girls learn to understand strategy and how that can be helpful in everyday circumstances. All the students will rotate through the chess club.

There are 6 clubs at Kuwala, including the science, math, computer, writers and debaters, wildlife, and chess club(s). A teacher leads each club, and for six weeks, students must choose at least one club to participate in for more in-depth learning and practical skills. We'll introduce you to all the clubs in the following upcoming newsletters.

THE CLUB EXPERIENCE

Kuwala has implemented a variety of extracurricular clubs on Fridays.

Clubs are:

- science;
- math;
- Computer;
- writers and debaters;
- wildlife; and
- chess.

LEARNING ESSENTIAL COMPUTER SKILLS IS A FAVOURITE CLUB.



WILDLIFE CLUB

**OUR NEW FARM MANAGER,
RACHEL SALILIKA, IS
PASSIONATE ABOUT THE
ENVIRONMENT AND
FARMING AT KUWALA.**



■ *Rachel Salilika - new farm manager, who is working closely with the wildlife club. Kuwala_2024.*

Rachel is the leader of the wildlife club. The students are learning to plant trees, specifically Albizia Lebbeck and Moringa trees. These trees provide shade, green life and beauty to the campus, and they have many health benefits from their parts. The dried moringa leaves are rich in protein and retain lots of vitamins, minerals, and protein, which is an excellent source of nutrition which combats malnutrition and immune diseases. These types of trees quickly grow and are drought-resistant.



The girls are learning to prepare the ratio of soil to nutrients to seed in a seedling sleeve from the nursery. Then, they prepare the ground and space the seedlings on the farm; the teachers teach the students how to take care of their plantings and through patience and prayer, they will learn to respect and nourish the environment.

THE FUNCTIONAL BENEFITS OF MORINGA.

01

The moringa tree provides a sustainable economic return, especially to the farmers. Moringa plants can be a viable alternative cash crop. Most other crops require high rainfall, but moringa trees are renowned for being drought-resistant, which is perfect for Kuwala.

02

Most people know the importance of moringa leaf powder, oil, and by-products. Moringa is traditionally used as a medicine to prevent and treat various diseases. An influx of moringa health and beauty care products shows a market opportunity.

03

Moringa powder offers a plethora of benefits, acting as a potent defender of vital organs like the liver, kidneys, heart, and lungs. Its remarkable properties extend to pain reduction, making it a versatile addition to wellness routines. Rich in antioxidants, moringa powder plays a crucial role in shielding cells from the harmful effects of free radicals.



MORINGA

PLANTING A FUNCTIONAL FOOD CROP IS GOOD HEALTH AND FOOD SECURITY.

Kuwala is investigating Moringa as a functional food crop to provide basic nutritional value to the students but also offers additional health benefits beyond basic sustenance. These crops are often rich in bio-active compounds, such as antioxidants, vitamins, minerals, and phytochemicals, which can promote health and prevent disease when consumed regularly as part of a balanced diet.

Functional food crops can include fruits, vegetables, grains, herbs, and spices that are known for their health-promoting properties. Examples of functional food crops include berries (like blueberries and cranberries), leafy greens (such as kale and spinach), nuts and seeds (like almonds and chia seeds), and herbs and spices (such as turmeric and garlic).

The concept of functional food crops has gained traction as people increasingly seek out foods that not only satisfy hunger but also contribute to their overall well-being and may help prevent chronic diseases. The Campus is looking to grow Moringa, and process it.

Wildlife Club is taking action planting Moringa trees from seedlings. Kuwala_2024.







■ Computer club is in session. Kuwala_2024.

COMPUTER CLUB **THE COMPUTER CLUB IS WHERE INNOVATION STARTS!**

We are proud of the efforts of the computer club for advancing their knowledge to the student population.

Thank you to our Canadian business partner for your continued support to provide the necessary hardware so our students can succeed in the classroom.

We are excited to share some updates from our computer club! Our students have been engaged in various activities aimed at enhancing their typing, designing, writing, and publishing skills. Through these activities, they are mastering essential computer skills and improving their English proficiency.

Currently, our students are delving into the intricacies of typing, and mastering the keyboard with precision and speed. Simultaneously, they explore the art of design, learning to craft visually appealing materials such as calendars, newspapers, and print documents. These hands-on projects foster creativity and instill a sense of pride as students see their work come to life. In the coming weeks, our students will explore the world of spreadsheets with Excel. This valuable skill will equip them with the tools to organize data, perform calculations, and analyze information—a critical skill set in today's digital age that directly impacts future employment opportunities.



■ Memory and Henry Mdyetseni, Kaitlyn and Mitch MacLean. Kuwala_2024.

CANADIAN BOARD MEMBER **MITCH** **MACLEAN** VISITS KUWALA. IN HIS OWN WORDS...

In early 2024, I had the incredible opportunity to experience Kuwala’s mission firsthand. As we journeyed towards the school, anticipation bubbled within me. Finally, I would witness the vibrant life of the place I had only heard about in Canadian Board meetings.

Stepping onto the grounds, I was in awe of the visionary leadership and the ability to turn dreams into reality that our Malawian partners possessed. Guided by Henry and Memory, I explored the Campus, accompanied by Kuwala’s talented photographer and videographer, Chembe who captured every moment.

Every aspect spoke of progress and promise, from the spacious dorms to the state-of-the-art science lab, from the connectivity of Starlink to the aroma of

fresh greenhouse tomatoes. I met with security guards, visited the first aid center, admired the maize mill, and saw the community projects Kuwala has implemented firsthand. Interacting with students, I witnessed their enthusiasm and gratitude, especially during a poetry recitation class addressing HIV/AIDS awareness. It was evident that the student’s thirst for knowledge and the dedication of Kuwala’s staff were unmatched.

Leaving Kuwala was bittersweet. I was bitter because I had only glimpsed its vast potential. Sweet, because I left it in the capable hands of our Malawian partners.”

■ Mitch MacLean,
Kuwala Board Member





■ Students 'working the problem' in preparation for Evaluation Day. Kuwala_2024.

EVALUATION DAY

AN ONGOING PRACTICE FOR TEACHERS, PARENTS, AND STUDENTS IS EVALUATION DAY, WHICH IS HELD AFTER THE MIDTERM EXAMS AND HELPS KEEP EVERYONE ACCOUNTABLE AND STUDENTS ON TASK.

The new parents turned out to give their daughters encouragement and praise for their hard work. The Evaluation Day meetings provide better understanding of where the students need improvement and ways to achieve better results in time management, study skills and where to provide extra focus.

The students have a break from March 28 to April 15, so preparations and suggestions are in place to keep them engaged at home over their break.



■ Construction crew building the workshop's outer walls and finishing the steel clad roof. Kuwala_2024.

BUILDING A CAMPUS... CONSTRUCTION UPDATE

The construction and framing of the workshop building are impressive. The staff at Kuwala will empower the girls to be introduced to the trades, providing them with opportunities in skilled trades and technologies, such as carpentry, electrical, and woodworking.

The start of a new hostel is underway, with additional living space for 80 new students to be enrolled at Kuwala in September 2024.

The second duplex is ready for occupancy, and the lights are on. Two more staff have settled in the duplex and appreciate the beautiful space for their families. Housing staff on campus is vital for community life, a safer space, less commute, and more engagement, as many activities on campus happen before and after the school day. Weekends are busy with sports activities, group study time, and Sunday worship time. A growing campus community is energized and engaged.

IN THE COMMUNITY

WEDNESDAY COMMUNITY SERVICE DAYS ARE GROWING AS THE WORD HAS SPREAD.



■ Wednesday is Community Day where the children come from the village to learn from the Kuwala students. Kuwala_2024.

Wednesday Community Service days are growing. In March, 58 children from the community, ranging in age from 4 to 15, attended lessons taught by the students at Kuwala. Our students practice public speaking skills and time management and provide mentorship that will ripple across villages around and beyond the outlying communities.





SERVICE TRIP

**WATCH FOR EXCITING NEWS
AS 20 INDIVIDUALS PREPARE
FOR THE FIRST SERVICE TRIP
TO KUWALA IN MALAWI, JUNE
2-10, 2024.**

[Donate Now](#)

This trip aims to engage in service activities, support education initiatives, and immerse ourselves in the local culture. Stay tuned for inspiring stories and photos coming in the July newsletter.

We are fundraising to start a STEAM (Science, Technology, Engineering, Arts, and Math) Program at Kuwala, and we're looking for a **donation of \$1600 to purchase field journals**. This will encourage the students to become critical observers as they become active in the Club Six program.

SPORTS DAY

RUN, JUMP, KICK...

EXERCISE AFTER A LONG

WEEK OF MIDTERM EXAMS

The students at Kuwala prepared and studied long hours for a week of mock and Term 2 midterm exams in the middle of March. They concluded their week with a fun-filled sports day on Saturday. Every student was busy hosting and welcoming students from Kapudzama Community Secondary School.

The teachers lead the students in warmup and coaching before playing netball and football games. In North America, we refer to netball as volleyball. The students on the sidelines cheered their teams on while teachers kept watch at a distance. The students enjoyed the energy, the competition and the camaraderie of building friendships with other girls. These friendships build self-esteem and confidence and encourage the girls to be active, which will improve their physical and mental performance.

Secondary Schools in the surrounding area receive an invite to participate in the sports days once a term after exams. The girls compete and accumulate points in the competition that will culminate at the end of the year for a chance to win the Director's Trophy.



Kuwala's Football team. Kuwala_2024.







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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