

HIGH FIVE CLUB

CHANGING LIVES, £5 AT A TIME

School Breakfast Club, Zambia



The High Five Club has launched its first ever "Breakfast Club" at Malimba Basic School in Zambia, providing pupils with a nutritious porridge at the start of each school day.

Malimba Basic School is located in a wildlife-rich area close to South Luangwa National Park in Zambia and provides nursery and primary school education to 408 rural children from the local community.

Like many rural schools in Africa the school is in dire need of improvement. Much of the teaching is conducted

outside – this is ok in the dry season but challenging in the rains! There are few desks and chairs, scarce learning resources and few teachers' houses.

The most pressing need at Malimba Basic School, however, is to improve the nutrition of the children that attend. Due to poverty the children often go to school hungry, or miss school altogether to look for food or because they are too hungry to walk, for some up to 5km, to school each day.

The idea of a High Five Club sponsored feeding programme at the school is as simple as it is effective – full bellies mean fuller classrooms and enhanced learning. It is hard to concentrate when you are hungry. The availability of one decent meal a day for these children mean that attendance levels have soared – children no longer need to miss classes to go out and search for food. The boost to daily nutritional levels that such a feeding programme provides, means that the basic health of the children should improve dramatically, helping them fight off the malaria that is rife in their community along with other diseases and infections. Many of these youngsters have been HIV positive since birth.



The High Five Club, 3 Willow Court, Millstrood Road, Whitstable, Kent CT5 1QL

www.highfiveclub.co.uk

Charity Reg. No. 1134901

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Cheryl and Manny recently visited the school and the teachers reported that since the Breakfast Club started, attendance levels have risen to 100%! When asked what their hopes were for the future the children didn't even wait for the question to be translated before one by one they raised their hands and shared that they wanted to be a doctor, a nurse, a soldier, a teacher, a driver, and for many, wildlife scouts. The most striking thing was just how much hope there was. These are children with nothing, learning under a tree or in one of the rudimentary, barren classrooms without desks and chairs, in a country that is grindingly poor, but that didn't stop them having the same dreams as children back in the privileged developed world. This hope has come from dedicated volunteer teachers and the indomitable 'spirit' that is so often found amongst the poorest in Africa.

High Five Club Support:



The High Five Club has joined hands with ECHO* at Eastbourne College to sponsor the Breakfast Club for a full year, from Term 1 providing a nutritious porridge breakfast each school day for the 244 youngest children at the school (the nursery class and Grades 1-4), and from the start of Term 2 for all 408 pupils at the school. The cost of the ingredients for the porridge and for the briquettes to cook it totalled £2,248.05. £2,040 of this was raised by ECHO and the balance from High Five Club members. Parents from the community have volunteered on a rota basis to prepare the porridge as their contribution to this wonderful initiative.

We are very grateful to ECHO and the pupils at Eastbourne College for their

adoption of the H5C's first Breakfast Club. Eastbourne College encourage their pupils to reflect on their good fortune and consider, as an integral part of their wider education, the needs of those less fortunate than themselves. The College provides various opportunities for students to donate to charitable causes including mufti days and dedicated Charity Days. The school held a charity lunch for Malimba Breakfast Club whereby pupils forfeited their usual school lunch for a bowl of soup, a roll and fruit enabling their catering department to donate the money saved towards the Breakfast Club.

At the equivalent of ca. £6.50 per child for a full year, this really is a life changing initiative, and one that we hope we can continue to support into the future.

For further information on the Breakfast Club at Malimba School contact Dr Cheryl Mvula at Cheryl@highfiveclub.co.uk

* ECHO (Eastbourne College Help Overseas) is Eastbourne College's millennium charity set up by a group of dedicated staff members to enhance the lives of others within the global community.

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