

H5C School Breakfast Clubs, Kenya & Zambia



HIGH FIVE CLUB

CHANGING LIVES, £5 AT A TIME

The High Five Club continues its support in 2017 of our school "Breakfast Clubs", in the wildlife-rich Masai Mara in Kenya and South Luangwa National Park in Zambia.

Our feeding programmes seek to improve school attendance and concentration levels of the Maasai children attending the community-run Mara Riante Primary School in Kenya and at the rural Malimba Basic School in Zambia's Luangwa Valley. Both schools are located in impoverished communities where human wildlife conflict is high, and this initiative hence targets both food security and wildlife conservation goals.

The provision of one nutritious meal a day means that attendance levels at these schools have soared. The children no longer miss class due to being too hungry to walk the long distances to school or in their search for food – the latter contributing to the high levels of poaching in these wildlife areas.

The High Five Club School Breakfast Clubs provide a nutritious maize or rice-based porridge for every child at these schools each school day. The boost to daily nutritional levels means that the basic health of the children has improved, helping them fight off the malaria that is rife in their communities.

Kenya

At Mara Riante Primary School in the Mara Triangle pupil attendance levels have risen to almost 100% since the H5C Breakfast Club started in 2015, meaning that more children in this marginalised community are receiving an education. As education is a key driver in ending the cycle of poverty, these children have a hope and a future.

Zambia

Cheryl visited Malimba Basic School in Zambia this month and the Headmaster told her that this rural, community-owned school had just come 4th out of all schools in the Eastern Province for their Grade 7 exam results – up from 10th place last year! The school puts this achievement down in no small part to the H5C Breakfast Club initiative at the school, which has now been running since 2014. School attendance levels are currently running at 99%, up from 60% in 2014 when the programme started.



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

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The schoolchildren were keen to show Cheryl the 16 dining tables and benches that a group of 8 High Five Club members from the UK had raised funds for and had helped make alongside local carpenters during their visit to the school with us last year. When eating their breakfast, the children now sit at these tables in the school's dining shelter as opposed to on the floor as previously. The school, due to a shortage of classrooms, is also using the dining shelter, complete with these tables and benches, as a classroom outside of the feeding programme hours so their carpentry skills have really been put to good use!!



High Five Club Support:

In Kenya we have this year gifted £2,145.43 to feed all 355 children a maize-based porridge at Mara Riente Primary School each school day. High Five Club members continue to join hands to provide this feeding programme with 3 compassionate women from the USA (Jody, Leigh and Jeanne), who visited the school whilst on safari in Kenya and felt moved to support the children's education there through the High Five Club ever since.

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In Zambia, High Five Club members continue to join hands with long-term supporter of the feeding programme at Malimba Community School since its inception, Eastbourne College's charity ECHO*. We are very grateful to ECHO and the pupils at Eastbourne College for their on-going support of this, H5C's first School Breakfast Club. Once a term the pupils forego their usual school dinner and have a light lunch instead. The funds saved are then donated to High Five Club towards the feeding programme at Malimba School. It is amazing that by foregoing lunch one day each term a schoolchild in the UK can help provide a nutritious meal each school day for a schoolchild in Africa for a whole year!

In 2017 we are providing all 500 children at this school with a tomato and rice-based porridge each school day, costing £3,052.53 in total for the year.

The materials and carpentry labour costs for the 16 dining benches and tables supplied for the dining shelter at this school cost £937.16.

Do the maths! It costs H5C just £6.04 to feed a child a nutritious breakfast for an entire year at the school in Kenya, and just £6.10 per child per year in Zambia – imagine! That is less than the price of just one take away pizza! Volunteers from the community cook and serve the porridge at Malimba Basic School each day, whilst Mara Riente employ women from the neighbouring village as a much needed livelihood strategy for females. This life changing initiative is one High Five hopes to be in a position to continue into the future and to also be able to extend to other schools we partner with as funds allow.

For further information on the Breakfast Club Initiative 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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