

HIGH FIVE CLUB

CHANGING LIVES, £5 AT A TIME

H5C School Breakfast Clubs, Kenya & Zambia



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

Our feeding programme seeks 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 High Five Club, 3 Willow Court, Millstrood Road, Whitstable, Kent CT5 1QL

www.highfiveclub.co.uk

Charity Reg. No. 1134901

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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 to school or in their search for food – the latter contributing to the levels of poaching in these wildlife areas.

The H5C Breakfast Club now provides a nutritious maize or rice-based porridge for every child at these schools each 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



Cheryl paid a visit to Mara Rianta Primary School recently and the teachers and Maasai reported that since the Breakfast Club started, attendance levels have risen to almost 100% and many more Maasai parents are now enrolling their children in school rather than keeping them at home to do the daily chores. A combination of the Breakfast Club and High Five Club's classroom and

teachers houses construction programme has seen pupil numbers increase from 175 two years ago, to 274 last year and 336 currently.

Zambia

Cheryl and Manny visited Malimba Basic School in Zambia last month, along with 8 other High Five Club members, and saw the rice-based gruel being prepared and served to the children. The teachers reported that not only are attendance levels now at an all time high (up from 60 to 98%), but that this rural, community-run school, with little government support, was recently ranked in the top 10 primary schools in Eastern Province for their Grade 7 exam results!! The teachers put this remarkable achievement down to the feeding programme and the resultant improved attendance and pupil concentration levels.



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High Five Club Support:

In Kenya we have this year gifted £1,910.91 to feed all 336 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. Eastbourne College's ECHO charity has also extended a hand to contribute towards the initiative in Kenya this year.

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In Zambia, High Five Club members continue to join hands with our long-term supporter of the feeding programme at Malimba Community School from Day 1, 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 ever School Breakfast Club. In addition, for 2016 we have also been joined by the Rotary Club of Whitstable and the Rotary Club of Canterbury Sunrise who have both contributed to this year's feeding programme as a result of a visit by a member from each Club to Zambia last month with Cheryl and Manny. Thank you to High Five Club and Rotary Club members Paul and Celia for facilitating this!

In 2016 we are providing all 480 children at this school with a tomato and rice-based gruel each school day, costing just £1,777.67 in total.

It costs £5.69 to feed each child at the school in Kenya for a whole year, and just £3.70 per child in Zambia – imagine! 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 in Kenya and Zambia.

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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