



## Sakhisizwe Youth Development Programme

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## Monthly Report: October 2020

### Academics:



We managed to update all 20 tablets so that students could practice what they need to study, we have struggled with them for the past few months. Both classes alternate using them and students as well they alternate as sometimes we have more than 20 students per class. Most of our students were writing exams for term 3 so we decided not to continue with sport activities only swimming that we kept for this month.

### Recycling project:

We are still collecting recycling when we can but not every Wednesday, we have decided to work with another company in Retreat as they will pay us for our recycling. We hope to get great partnership with someone owning a bakkie to assist transporting the recycling.



### Spiritual: Friday night

This has been a waiting moment for them due to the pandemic, since we are in level 1, we decided to continue with our Friday night programme. We have a big light for outside, new speaker and a mike for music, students were very happy. We started with our theme: You are not alone, where every week a scripture is read and discussed after worship and prayer, we share a full meal and pray after the service.

### **Tourism & leadership development:**

It's amazing to see all the mentors participating in leading discussions, dishing out food and serving. This was the main purpose for them to be mentors. Three mentors have started mentoring three students, whom we have identified that need some encouragement. They meet with their mentees for 2 hours once a week. The programme will be for 6 weeks, where they talk about family, friends, community, effects of substance abuse especially if they start at a younger age, peer pressure, social media, future goals, etc. We are hoping that all our youth will be mentored, so we are developing our young leaders so that they know that they are role models. SAYes director and other staff members offered a picnic to meet all 16 of our mentees who are in their programme for 9 months. They explained the benefits of being in the programme, that they need to open up with their mentors, as some are there to advise them and assist them, some are connected to business that could also be of great help for their future. In November we are hoping for an outing experience to Cape Point where they will learn more about the site.



### **Parental Support:**

#### **Home visits**

It has been a sad moment for one of our grade 11 boys who lost his father, who committed suicide. It has been hard on him even though he was not staying with his dad. His classmate went for a praying meeting to support him during this time. We are hoping to organize someone who will counsel him on how to deal with grief. Also our mentor and volunteer lost her mom who got sick with high blood, we also visited them and offered our support. In our community it's very important to support families during death and also to give financially.

#### **Sinovuyo (Parent to teen)**

The last Thursday of the month are not always easy for parents to attend as they need to do shopping and other things. We've decided to cancel and start the following week. For some parents it has been hard to commit due to work and other family issues. We continue talking about different types of feelings, and the importance of parents and teens talking about their feelings. In session 6 we looked at the most difficult feelings that cause damage in our families and in our health: anger and stress. We brainstorm solutions to avoid stress and anger, the pause exercise was practiced: keeping quiet and listening to your body and how you are feeling. We took a break for a week since schools are closed.

Thank you very much for supporting Sakhisizwe YDP ... "Together we can build a nation" We are welcoming back the students on the 2<sup>nd</sup> of November 2020. End of the November we will be hosting our end of the year camp.

Kind regards

Mhinti Pato & team

Founder & Director

079 2520 150

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<http://www.joydigitalmag.com/everyday-life/statistics-dont-define-future-testimony-authentic-hope/>

<https://www.youtube.com/watch?v=IWIXbmlYtVc>

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We are registered Section 18A PBO



Above is the picture of the boys during the prayer session of one of the boys that lost his father through suicide.

When you cry we all cry, when you feel a pain we all feel it. We are connected we are a family..