

Sunrise Children's Association Inc.

"Bringing a brighter future to the needy children of Nepal"



NEWSLETTER January-June 2013

Dear Friends,

What another amazing year so far! Please enjoy reading the highlights from the first half of 2013, including the **move to our new home, our 4th batch of SLC students graduated with flying colours, 11 children were re-integrated to their families, 15 new boys joined Sunrise, we opened a new Transition home for College kids, more staff and teens undertook work experience and training programs, first year 12 graduates start full time work and we had more wonderful visitors and volunteers!**

QUARTER 1

2013 took off at full speed, with the exciting construction of Sunrise Children's Village, the children's end of year exams, various training programs and extra-curricular activities, festivals, birthday parties and special visits from volunteers and sponsors.

Sunrise Children's Village (SCV)

Excavation and foundations of SCV (children's home 1 comprising 4 flats and the school building) were completed in December 2012, with **construction well underway by March 2013**, a great start!



Above: Front view of the 4 flats making up the new Children's Home 1 in March.

Sunrise Orphanage Re-integration planning

In the lead up to the end of the school year, the Sunrise staff undertook several home visits to determine whether some children may be able to return to their families, to an improved environment from which they were sent years before. Sunrise firmly believes that re-connecting then re-integrating children to their families where possible is in the best interest of the children and hence encourages this where possible.

Children's home visits during Winter Vacation

During the Winter Vacation in January, **34 children visited their families** in their villages or around Kathmandu and all reported to miss their Sunrise family but enjoy themselves with their natural families, which was great to hear.

Great 3rd Term Exam Results

The end of year exams were held at the end of March (remember the new-year is in mid April in Nepal!), and again the children did very well. **All children passed** (except 2, 1 with a learning disability), **8 came in the top 5** in their class and **18 came in the top 10**. Given some classes have up to 60 children **this is a great result**. SLC (year 10) results available in June!



Above: Raj Kumar Shrestha, one of Sunrise's top students with 92%

Training fun!

The children continued their weekly **singing, dance and music lessons** and enjoyed them as much as ever. The children and some of the staff also had **re-fresher training in sewing, recycling, health and hygiene** to name a few, thanks to volunteer Pat Killelea.

14 Sunrise staff (including the 8 live in carers) and 5 teachers from schools our community scholarship children attend successfully completed a **3 day First Aid Training Course** held at Sunrise.

Sunrise Children's Association Inc.
"Bringing a brighter future to the needy children of Nepal"



Up and coming Hotel Manager in training!

Sujata Rana, majoring in Hotel Management at college, **continued working part time at Hotel Mandap in the tourist centre of Thamel during year 12.** Sujata, keen to learn all facets of hotel management, spent several months in the kitchen before moving into the accounts section, which she is enjoying tremendously.



Encouragement Awards

The awards, **which reward children who have excelled in caring for themselves, their Sunrise family members, their belongings and showing the most positive attitude, love and respect went to:**

January to Buddhiman Tamang, Ganesh Rokaya, Yaham Tamang and Bipin Tamang; **February** to Kajol Thapa, Raj Kumar Shrestha, Sanjeev Bhatta and Durga Shakya; and **March** to Chhiring Lama, Chham Bahadur Gurung, Bikal Pun and Binam Thapa. Thank you all and well done!

Festivals and General Activities

School

The Sunrise children did very well at various sporting events, including basketball, volleyball, badminton, table tennis, chess and the younger ones, at hoops, caramboard, potato relay, musical chairs and a mathematics competition. In addition, they very much enjoyed excursions to different places including the **zoo, monasteries, museums and other historical temples** as well as celebrations of the major festivals such as **Sarswati Puja**, a worship of Sarswati, the Goddess of Education.

Home

The children enjoyed many activities during the Winter Vacation in January, public holidays for **Losar, Martyrs Day, Democracy Day, Women's Day, Shivaratri Festival**, as well as weekends across the quarter, including outings to the new Sunrise Orphanage building site in **Gurje for a picnic, trips to the local forest, local Buddhist and Hindu Temples and cross country running** at Himalayan Hash House Harriers. **And** March just wouldn't be complete without the very **colourful water festival "Holi"!**



Above: Bipin Thapa and Kajol Thapa enjoying playing with dye & water during Holi Festival

Sunrise held another **great birthday party** at the end of February to celebrate the birthdays of all children born in January and February. As always it was a fantastic day for both the children and the adults, with numerous **games, cake, gifts and visits from some of our re-integrated teens.**

Then came Easter in April, where the children enjoyed painting hard boiled eggs and enjoying a few small chocolates.

Sunrise Children's Association Inc.
"Bringing a brighter future to the needy children of Nepal"



Above: Bishnu Sharma with the Easter story beautifully painted onto his egg

Health/rehabilitation therapy program

The 7 disabled and otherwise physically impaired children at Sunrise continued to receive regular **rehabilitation therapy**, under the guidance of live in carer Angur Bhandari.

Special visits from SCAI committee members, volunteers, children's sponsors and donors

SCAI Committee Member Sarah Thom, much to our delight returned for her **5th visit to Sunrise** – this time for almost 2 months! Subash Tamang her sponsor child is always particularly excited and loves having Sarah teach him how to improve his photography skills!

Volunteer Pat Killelea, also a monthly sponsor, joined us from NSW for her third month-long stay at Sunrise and once again overwhelmed us with her energy, how many fantastic activities she can organise in a month, how many talks she can organise in Australia and how many donated items she can collect! Thank you Nana Pat!



Above: Volunteer Nana Pat with some of the children at Sunrise

Sponsors Paivi Wells from Finland/Nepal, **Jane Drury** from Dubai, **Trent Jackson** from Australia very kindly took the time to come and visit Sunrise and their sponsor children, which was a great surprise for both they and the children!

We were also fortunate to have visitors carry over many very useful donated items for the children. Thank you in particular to **Nicole Holland, Amanda Powell, Susanne Herb, Susan Rountree, Brianna, and Irene Swain, Anne Rodgers Anna Trapani, Khasimoto and Murata.**

Education Scholarship Programs

The 5 education scholarship programs that formally support **over 350 children across Kathmandu, Kalimati slums and Jhapa, Sindhupalchowk and Mustang Districts** continued with most children progressing well. Our staff continued to conduct regular home and school visits to check on the children and family's progress and run counselling sessions with the teachers, parents and children.



Above: Some of the children Sunrise sponsors in Jhapa in South Eastern Nepal

Great 3rd Term Exam Results

All children sat their **end of year exams** and enjoyed a few weeks of school holidays in March and April. Given the conditions in which some of them live and their family situations, we were very pleased with their results overall. In brief:

Kathmandu Program: Of 71 children, **56 children passed (79%)**, 4 failed, 11 n/a yet

Sunrise Children's Association Inc. *"Bringing a brighter future to the needy children of Nepal"*

Kalimati slums Program: Of 104 children, **80 passed (77%)**, 1 failed, 6 didn't sit, 17 n/a yet

Jhapa Program: Of 88 children, **85 passed (97%)**, only 3 failed

Sindhupalchowk Program: Of 44 children, **35 passed (80%)**, 7 failed, 2 didn't sit

Mustang Program: Of **56 children**, 53 passed (95%), only 3 failed

Community Training Centres

The centres continued to run daily classes in basic and advanced sewing for unskilled women, with **15 new students** starting at the Jorpati centre and **almost 30 new students** starting at the Kalimati centre in the first quarter.

Community Aid

In January, **Simiya**, a woman from the slums **underwent life saving open heart surgery** and is recovering very well. In March we were very happy to see **Sarita**, also from the slums recovering well from her battle with cancer, following chemotherapy and radiotherapy treatment. They are both very thankful for the support.

QUARTER 2

All NEW Sunrise Children's Village (SCV)

This was a particularly exciting quarter, as after several years in planning and 6 months of building, we finally moved into our new Sunrise home and school in early June! In the lead up to the move the children were home schooled for a month (while class 9 and 10 attended their old school), and our management team were busy interviewing, testing and selecting new teachers for the **all new English curriculum at the new Kalika/Sunrise school.**



Above and below: Some of the happy Sunrise children on the first day at their new home and school



In our new village of Gurje there was previously only a very basic government/community school run only in Nepali language, and only from classes 1 to 8. In order to ensure the Sunrise children maintained a good standard of education and to help raise the quality of education available to the local village children, Sunrise merged with the local school called Kalika Devi and **built a whole new campus of 14 classrooms on our own Sunrise land and in that, opened a whole new English curriculum from Nursery all the way up to class 10, a MAJOR achievement, thank you to everyone who helped make it happen!**



Above: Some of the Sunrise kids in their new classroom

Re-integrated children

11 children, Laxmi and Durga Shakya, Manoj Subba, Pemba Lama, Dolma Sherpa, Ramesh and Ganesh Tamang, Mithu and Raji Tamang, Bibek

Sunrise Children's Association Inc.
"Bringing a brighter future to the needy children of Nepal"

Ghising and Sabin Ghalan **were re-integrated to their families in April** at the end of the Nepali school year, so didn't join us at the new home. The children are slowly adjusting to their new life with family members, and are being regular checked on by Sunrise staff.

A warm welcome to 15 new boys!

In May Sunrise provided a new home for 15 young boys who were rescued by the Central Child Welfare Board of Nepal along with other relevant authorities, from a very poorly run orphanage that was closed down on the same day in emergency rescue. The children come from various districts across Nepal and Sunrise is working to re-connect them with their families and re-integrate them where possible. As with all re-integrated children, **Sunrise will continue to support their education and other basic needs at home if needed.**



Above: One of the new rescued boys, Yuvraj Bhatta, happily playing on his first day at Sunrise

8 more successful SLC graduates! (year 12)

We are thrilled to announce that our third batch of SLC graduates were just as successful as the first two! **Mansingh Aidee and Bijay Tamang achieved Distinctions, with 86.4% and 83.5% respectively. The remaining 6 students all achieved 1st Division, with Lasang Lama achieving 79.5%** (only missing out on a Distinction by 0.5%!), Ashish Tamang 76%, Palsen Lama 74.6%, Laxmi Rana and Sabin Ghalan both 71.4% and Lal Bahadur BK 65.4%. **Huge congratulations to all!**



NEW 'Transition Home for College Kids' open!

On the 1st May 11 students who completed their SLC (year 10) in March 2013 moved into the new transition home. The hope is that the transition home will help the teens transition from the life at Sunrise Orphanage to a life of independence over their 2 year stay. During this time, all students are required to work part time or undertake some sort of relevant work experience. They are also encouraged to spend time regularly with relatives as well as return to Sunrise to share important occasions such as festivals and birthdays.

Job Training/Work Experience by college students

Before commencing year 11 at college in July, Mansingh Aidee, Lasang Lama and Bijay Tamang were the first 3 off the rank by undertaking a **3month science bridging course** to prepare them for their college entrance exams. Daily from 7-10am they took classes in Maths, Physics, Chemistry and English, and all did very well.

Laxmi Rana and Palsen Lama, due to commence Hotel Management at college in August, **undertook almost 3 months of job training at 'Coffee Escape'**, a lovely modern, upmarket coffee shop in Kathmandu.



Sunrise Children's Association Inc. *"Bringing a brighter future to the needy children of Nepal"*

Our upcoming chef, **Lal Bahadur BK** undertook a **3month cooking course** at well renowned RMTC in Kathmandu.

In addition to the above, Saugat, Mansingh, Pema, Bijay, Lokendra and Lasang came and helped tutor the younger Sunrise children at home before our move to the new home and school, then spent a couple of weeks at the new Sunrise home and school helping them transition to their new environment and new teachers. What are older siblings for!

Year 12 student **Ranjit Rana** who is now back living with his family, also started **part time work at mountaineering equipment store** in Kathmandu.



First college graduates now working full time! Following **Sujata Rana, Pasang Sherpa** who has a particular flair for working with children and teaching was **employed full time by Sunrise as a grade 4 teacher** at our new school on completion of year 12. From all accounts he is doing very well!



Both Sujata and Pasang are both now on their way to becoming financially independent and are soon to support themselves through a Bachelor Degree. Congratulations Pasang and Sujata!

Outreach

In April a **group of Sunrise teens spent half a day in the Kalimati slums**, helping us sort and distribute numerous boxes of clothing collected from various sources over recent months. The teens were calm, well organised and humbled by the experience.

Encouragement Awards

The **April awards** went to Amber Tamang, Milan Tamang, Anita Lama and Parbati Rai. Thank you and well done!

General Activities/ Festivals

School

The children also participated in the annual **Sarswati Puja, Teacher's Day and SLC Student Farewell Day** at their old school before moving to our new home and school. Given their education is such a huge part of their lives, these are always very important occasions in the lives of the students.

Home

Sunrise children again enjoyed lots of fun things during their holidays and weekends, including celebrating **Easter at Sunrise, a trip to the local pool, walks in the forest, cross country running at the Himalayan Has House Harriers, and some participated in the OCCED inter-homes chess competitions.** And of course not a quarter goes by without a big bi-monthly **birthday party** at Sunrise! As always it was a fantastic day, and were thrilled to have some of our re-integrated kids again join us!



Sunrise Children's Association Inc. *"Bringing a brighter future to the needy children of Nepal"*

New Staff – Welcome Sarmila KC!

19 year old **Sarmila** joined Sunrise as a full time junior carer in June. Between Sarmila's warm friendly personality, the very supportive carers and the very welcoming children, Sarmila settled in very well! She has become a wonderful friend and big sister to many of the children and is not only working very well in her daily household duties, but has a flair for singing which she is joyously sharing with the children.

Fundraising Events for SCV

In April Deepa Rai from SCAI, put a tremendous amount of work into organising a screening of the gripping **documentary, "Everest the Promise"**, at ACMI in Melbourne, and **raised almost \$5000 for SCV. Thanks Deepa, Paul Hameister, the star of the documentary, and everyone that supported the screening; sponsors, donors and attendees.**

Special visits from SCAI committee members, sponsors and donors

SCAI Committee Member (Treasurer) and child sponsor **Kumaran Yogaranandan** ventured back to Sunrise for his **5th visit** over as many years. After being involved for so many years Kumaran is an integral part of the Sunrise family and everyone loves his annual visits. Thank you Kumaran for making the time to come and see us and for all your work in Australia for SCAI!



Sponsor Paul Cumming from Kathmandu Kids, who fully sponsor the Kalimati slums Education Scholarship Program, along with **Mike**

Dworkin, Scott Munro and some of their children visited us from Australia in late April. It was fantastic to be able to show them the significant progress made by the children they sponsor in the slums and see their children interacting with the sponsored children in the slums pre-school.



We were also very excited to have special visits from **donor Katie Sarah from DCXP** in Adelaide, who very **generously donated \$15,000 for the re-construction of 3 new classrooms** at the Nepali curriculum campus of Kalika school, (who Sunrise have partnered with), and **Brenton Whittaker from Carry for Kids** in early April. **Thank you both for your significant contribution!**



Above: Donor Katie Sarah from DCXP and Brenton Whittaker from Carry for Kids visiting the new classroom block that DCXP sponsored at Kalika Devi School

We were also very happy to have visits from **Margaret Roberts, Amelia Warley, Anwyn and Hope Brenchley and Anne Rodgers** from Australia, as well as **Helga Wriesnig**. Thank you all for your kind support and donated goods, as well

Sunrise Children's Association Inc. *"Bringing a brighter future to the needy children of Nepal"*

as to **Sushma Sherchan** who also donated some clothes.

Education Scholarship Programs

The 400+ children across the 5 programs in Kathmandu, Kalimati slums, Jhapa, Sindupalchowk and Mustang all started the new year in April (a few in more remote areas earlier). As part of the program Sunrise, the children are provided with all their school necessities including, uniforms, shoes, bags, stationary and books as required.

A huge thank you from Sunrise and the beneficiaries in the program areas to the following donors for their very generous support:

- **Paul Hameister** for Kathmandu Program – **Just over \$50,000** over the past 3 years; now sponsoring **88 children**;
- **Kathmandu Kids** for Kalimati slums and Jhapa programs– **Almost \$145,000** over the past 5 years; now sponsoring **106 children in the slums** (plus partly 50+pre-schoolers in the slums) **and** as of last year **100 children in Jhapa**;
- **Paul Cody** for Sindhupalchowk program - **\$17,500** over the past 3 years; now sponsoring **60 children** (as well as very generous support for SCV!)
- **Michael Tetzner and Kinderfonds for Mustang** program – over \$12,000 over the past 3 years; now sponsoring **64 children** (and previously very generously of various Sunrise programs!)



Above: Some of the children Sunrise sponsors in Jhapa, south eastern Nepal

Christmas Tracksuits to 529 children in the Kalimati slums

It has now become an annual tradition thanks to Kathmandu Kids that we distribute a Winter tracksuit to not only the children we sponsor the education of, but ALL children in the slums. This year there were 529 children who benefited from this program. Naturally, parents and children were very happy.



Above: Angur Bhandari and Binita Lama from Sunrise helping with the distribution of 529 Christmas tracksuits to children in the Kalimati slums.

Community Training Centres

Kalimati slums training centre celebrated its **3 year anniversary** on the 1st April. Thank you to Kathmandu Kids for sponsoring the centre and for everyone involved in teaching the students very handy sewing skills. **It has benefited over 130 women so far!**

The Jorpati centre continued to run well, **with over 270 students** just benefiting from the sewing course alone so far, **and 17 new students registering in the 2nd quarter.**

Community Aid

In April Sunrise was delighted to help Pramila, an elderly lady who used to live on the street but now lives in a homeless shelter in the slums, with much needed **treatment for severe eye, teeth and other health issues.** It was fantastic to visit her again after treatment; she is like a new woman!

Thank you very much for the wonderful support which has made 2013 a happy, fulfilling year so far for the whole Sunrise family!

The Sunrise Team, Australia and Nepal