Sunrise Children's Association Inc.

"Bringing a brighter future to the children of Nepal"

Newsletter
January-March 2020

Sunrise Home and Reintegration Program

Dear Sponsors,
Happy Nepali New Year 2020!

"Individually, we all are one drop. Together we are an ocean." Since 2005, SCAI has been working for some of the most vulnerable children and communities of Nepal with your generous support, so we would like to start by saying **thank you for helping us through another successful year.**

The start to this year has been a little different than usual, with a lot less celebration and a lot more concern by many across the country about the spread and impact of Covid-19. Many families are facing significant financial challenges already, as those that rely on daily wages now have no income, making it difficult for some to purchase food and other necessities.

The school year, which was due to start in mid-April, has been postponed and the students who were due to sit their final Secondary Education Exams are now anxiously waiting to hear when they will be held. Some are forced to cope with illness at home, as most medical centres are only treating emergency cases as they have insufficient protective equipment.

Prior to the onset of Covid-19 and the subsequent lockdown, there was still a lot going on, and we are very happy to share some of the children's news with you. Some of the highlights include:

- 5 more children were reintegrated back into their families
- 4 more children went to stay with relatives after the end of year exams, as part of the reintegration process
- 100% of children up to class 9 passed their exams (class 10 yet to sit)
- One youth graduates to become an electrical sub-engineer
- Another youth gets a job as a science teacher

Sunrise Home
5 children reintegrated back into their families

This quarter, we successfully reintegrated 5 more children back into their families, leaving 12 children under our full support at Sunrise Home, Nuwakot. These 5 children are now receiving education support and other support based on their individual needs and the situation of their family.

Above: Farwell from Sunrise Home - In absence of living parents, Anuradha, Yasodha and Bishal are now living with their uncle and his family

Above: Puja and Pushpa now back living with their mother

Enriching reconnection of child to their family

As part of the reintegration process, we encourage the children to spend time with close relatives who may become their permanent guardians in the future. This quarter 4 children went to their relatives' homes after finishing their final exams of this academic session.

Above: Abishek Kayastha temporarily staying with his uncle

Above: Shiva Shanker temporarily gone to his home in far western Nepal

Above: Devaldevi temporarily staying with her cousin

Above: Dil Bahadur temporarily staying with his uncle

Twin brothers delighted after meeting their mother

Ram and Laxman's father left a few years ago and as a result their mother became mentally unstable and unable to care for the boys safely**.** They have maintained contact with her over this time while she has been undergoing treatment, and were very happy to spend time with her when she visited Sunrise Home. We will continue nurturing their relationship and monitoring her progress, with the aim of

returning them home as soon as she is willing and able.

Above: Ram and Laxman with their mother during a bonding visit

Child Progress

Final Term Exam result published!

100% of the 16 children living in Sunrise Home who sat their end of year exams recently passed! Yasodha is still awaiting her year 8 results, and year 10 exams were postponed due to the lockdown. **5 children scored distinctions, 9 1st divisions** and 2 2nd divisions.

Above: Sushila Mijar, a very-talented child, scored 92% in her final exams

Children exploring themselves through extra-curricular activities

This quarter, some of our children participated in their extra-curricular activities in school;

- **Joshna Rana Magar** participated in a "Handwriting Competition" and came 1st.
- **Sujan Mijar and Bishal Shahi. participated** in **a Drawing Competition** and came 1st and 2nd respectively.
- **Puja Dangol** came 2nd in a Singing Competition.

Above: Bishal with his drawing in the school drawing competition

Festival celebrations

This quarter the staff and children enjoyed celebratin **Maghe Sagranti and Shiva Ratri festiva**l at Sunrise Home, with special food and fun. Unfortunately, this year, the Government directed people not to celebrate the famous **Holi Festival** in mid-March, the festival where people shower each other with coloured dye and water. Instead they were requested to practice social distancing to help prevent the spread of the COVID19 pandemic.

The staff took the opportunity to orient the children on even more thorough and regular handwashing and safe distancing. **Since the notification about Covid-19, the staff and children in the home have been taking all appropriate precautions to ensure their safety. All are safe and well.**

Reintegration Program

Reintegrating children back into their families continues to be a priority for every child in Sunrise Home. Where this is not possible within immediate family, we focus on extended family. A child learns valuable life skills, understands and explores their local culture and develops various other skills most effectively in their own family.

Our dedicated team continues to provide the necessary support to ensure their best interests remain as top priority. We not only provide education and other vital support, but provide ongoing guidance on how to use their time wisely, how to be effective in school/college and society, counselling support for any family issues they may be facing, career guidance and linking them with employment opportunities so they can become independent members of society.

Dedicated monitoring and guidance continues to make a positive impact

This quarter, our team undertook **38 home visits** and **30 school/college visits** of the 43 children in the program.

Above: Laxmi and Durga with their aunt during home visit

Above: Dewaki during her monitoring visit

Above: Som with his cousin

Above: Kajol with her elder sister

Above: Rajendra with his friends in his school

Child Progress

Diwaker graduates as an electrical sub-engineer!

Diwaker Bhandari graduated from his 3-year Diploma course in Electrical Engineering with **83%**. We are very proud to see yet another one of our youth graduate and move on with the next exciting chapter of their life. **Congratulations Diwaker!**

Above: Diwaker Bhandari, graduated as an electrical sub-engineer with 83%

Shankerman becomes a Science Teacher

Shankerman, always full of enthusiasm and positivity, got himself a job at a school in Kathmandu, and recently helped organize a **science exhibition** at his school. **Well done Shankerman!**

Above and below: Shankerman, now a science teacher, with some of his students during the school science exhibition

Work experience putting theory into practice

Rajkumar Shrestha who is studying his **3rd year of a Diploma in Pharmacy**, has been undertaking work-experience in one of his friend's pharmacies, to help prepare himself for the future after he graduates.

Above: Rajkumar Shrestha, in front of the pharmacy where he is undertaking work experience

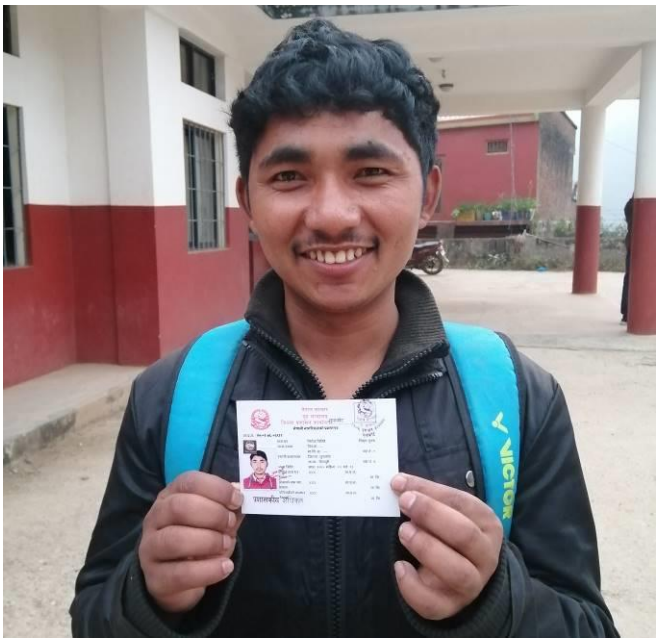
Another youth finds employment abroad

Dinesh Lama, one of our graduate youth, headed to Bahrain to work in a hotel as a waiter after gaining some experience in Nepal.

Above: Dinesh departing for Bahrain to work as a waiter, being farewelled by Palden, another of Sunrise's graduates

Sunrise facilitates citizenship for Niraj

It is most common for youth to attain their citizenship around the time of starting college. After exhausting all avenues to find a living relative of Niraj's with no success, we were finally successful in enabling him to get citizenship with Sunrise as his legal guardian. This is a rare opportunity and made Niraj very happy. We still hope Niraj will be able to find some relatives one day.



Above: Niraj Ghimire with his new citizenship card

Youth Club Activities

This quarter, 3 of our Sunrise youth volunteered at Siddhi Memorial Foundation, a home for elderly. The youth undertook various tasks to help the residence in their daily lives, including cutting their nails and cleaning beds and mattresses, as well as spending time talking with the elderly citizens.

Above: Dhandev helping elderly citizens to cut their nails during youth club outreach

Above: Sunrise youth cleaning the mattresses, beds and surroundings

Farewell to long-term carer

Since 2006, Rupmala Shrestha, has been a dedicated part of our team, working selflessly and tirelessly as a live in carer of the children in Sunrise Home. As well as her general household work, she has worked particularly hard with the younger children, helping them with their homework and giving them extra care they need day and night. Recently she got married and is now staying with her husband and his family. **We are extremely grateful for all the years Rupmala has dedicated to Sunrise Home and wish her a lifetime of happiness in her married life.**

Above: Handing over a Certificate of Appreciation to long-term carer Rupmala as she leaves Sunrise Home after getting married

Monitoring visit from the National Child Rights Council (NCRC) at Sunrise Home

The monitoring visit from the NCRC went very well and they appreciated the work Sunrise was doing for the children. Our team gave an update on the work and the status of the children, after which they enjoyed some time interacting with the staff and children.

Above: Children interacting with NCRC members during a recent monitoring visit

Successful CPAC and RMPAC meetings

The bi-annual Central Project Advisory Committee Meeting and Rural Municipality Project Appraisal Committee Meetings were held with SCAI, our NGO partners, respective government authorities and other key stakeholders. We are delighted with the very positive feedback we received.

Above: SCAI and NGO teams after project advisory and monitoring meeting

We would like to thank you again sincerely for your ongoing support through this challenging time and hope you remain safe and well.

Emma, Raj, Mansingh and Kusum
SCAI Australia/Nepal