Sunrise Children's Association Inc.

"Bringing a brighter future to the children of Nepal"

Newsletter
July- September
2019

Sunrise Home and Reintegration Program

Dear Sponsors,

It's our immense pleasure to share this quarter issue with inclusive of the **Sunrise's 14th Anniversary, activities of our children from Sunrise Children's Village** and **Reintegration Program, their school activities, participation in ECAs, some of the celebrations and youth club works** conducted over this period.

With your continuous and generous support, we have made this significant contribution in the lives of these children and youths possible.

Sunrise Home

Reintegration of the rescued children continues....

Our team worked continuously to trace the families of the 19 children rescued from an illegal orphanage in May and June, met various relatives and ensured that the family environment is safe for the children to be fully reintegrated. As a result, **17 of the 19** rescued children were reintegrated back into their biological families (2 were in June). 9 children were from Humla, 2 from Jajarkot, 5 from Mugu and 1 from Nuwakot.

Above and below: Some of the rescued children's farewell from Sunrise Home

Above: Reintegration of Dhiraj and Rajendra

Above: Reintegration of Basanta and Arjun

Child Progress

First term exam result

52% children passed their exam results with 2 distinctions, 5 in 1st divisions and 2 in 2nd division in their first term exams result. Congratulations to the children who achieved their goals, and we look forward to further improvement in 2nd term from those that didn't.

Participation in Extra Curricular Activities

This quarter 4 children participated in Reading Competitions and were awarded prizes.

Dewal Devi and Sushila 1st, Abhishek 2nd, Dil Bahdaur 3rd.

Above: Children with school principal, teacher and their prizes

Participation in national level contest

Anuradha Shahi and Bishal Shahi from Sunrise home participated in a drawing competition on 7th September organized by the Children's Home Federation, chaired by the Women, Children and Elder Citizen Minister honourable **Shree Tham Maya Thapa.**

As well as participating in the event, the children from various homes got an opportunity to interact with each other.

Above: Bishal and Anuradha during the drawing competition

Above and below: Bishal and Anuradha with their certificate of participation

Recreational visit to Central Zoo

During this visit, the children saw different wild animals, as well as playing the part! Great fun day out for all.

Above and below: SCAI team members, Emma 'Amma' and Raj with some of the Sunrise children

Above: Some of the wild animals seen at the zoo

Counseling sessions continue for the children

Counselling sessions ran on a weekly to identify any **psychosocial issues** that the children might face so that we can address accordingly. The sessions also provide **motivation to have dreams**, increase their ability to foster **optimism, build self-confidence and communication skills, stress management** and make them aware them about the laws, roles and responsibilities in the existing system of the country.

Importantly the sessions also sensitize the children about the **value of the reintegration into their families.**

Above: Counselling session on stress management

Teej festival celebrated

Teej, the hindu festival where women and girls welcome the monsoon, and celebrate with song, dance, and offerings, was enjoyed by our staff and children.

Love and laughter through Laughter Yoga

The children enjoyed more laughter yoga with Laughter Yoga teacher Emma 'Amma' and 3 Sunrise graduates, **Lasang, Palsen and Sadhumaya.**

Above and below: Children in Sunrise home practicing Laughter Yoga

Above: Children singing with Harmonium, taught by one of the live in carers, Rupmala

Above: Shiva Shanker and Dil Bdr playing chess

14th Anniversary of Sunrise!

The anniversary parties are always a lot of fun, with songs, dancing, games and food enjoyed by all. Once again, the celebration was shared by many of the graduate youth, reintegrated children and youths, staffs and local committee member. Thank you to everyone for 14 years of service and another great day!

On this special day we also **celebrated the birthdays of the staff and children** and officially held a **farewell program for our recent Grade 10 and Grade 12 graduates.**

Above and below: Group photos of Sunrise's 14th Anniversary

Above: Cake and gifts at Sunrise birthday party

Above: Some of the 9th Batch of Grade 10 Graduates; Bhasker, Bipu, Rajaram, Niraj (absent: Dipesh, Raju, Bharat)

Above: Some of the 7th Batch of Grade 12 Graduates; Sanjeev, Sadhumaya, Susmita, Amber, Bishal, Milan (absent Arati, Raj Kumar, Shankerman, Subash)

Thriving vege garden at Sunrise home!

The vege garden at Sunrise home is thriving with various delicious seasonal veges including spinach and radish which the children and staff love to consume.

This quarter we added a **new greenhouse** for tomatoes and other produce.

Above and below: Delicious fresh veges growing at Sunrise home for children's consumption.

Reintegration Program

This program supports the children and youth that have been reintegrated from Sunrise Home back into biological family, many being aunts, uncles and older siblings.

The families are not capable of financially supporting the children which is why they were sent away in the first place. SCAI supports their **education, and in some cases other basic needs such as room rent, food expenses and personal** items.

Various trainings and meetings to empower the youth are also run, mainly through **Sunrise Youth Club.**

Monitoring - Home visits and School visits

As part of our regular monitoring plan, our team conducted home and school assessments to ensure the children and youth are attending their school and colleges regularly and help the families and children if they are facing any problems.

Above: School visit of twins Binam and Bipin Thapa

Above: College visit of Rajaram Thapa

Above: Pushpalal Budha, one of the children from the June rescue, very happy to be back with his family

Above: Som Tamang's school visit

Above: Sunrise counsellor visiting grandmother (guardian) of Pasang

Above: College visit of Bhasker, Mittu and Durga

Youth Club Activities

Sunrise Youth Club is a graduate led platform for skill enhancement, professional and personal development, networking and exploring opportunities for further study and careers for our youth. The club members meet to discuss various topics as well as doing community work in various places.

This quarter, **3 of our Youth Club members, Susmita, Rajaram and Sanjeev** participated in a **Youth Consultation on Sexual and Reproductive Health and Rights** workshop organized by ICPD 25, She Decides.

Above and below: Some of the glimpses of the workshop

Above and below: Susmita, Sanjeev and Rajaram actively participating in workshop

Annual Youth Club Planning

We also organized a **planning session of the youth club activities** for the coming year where 10 youth participated.

Above and below: During year's youth club activity planning

2 Day Life Skills Training for Year 12 Graduates

2 Days Life Skills Training for Grade 12 graduate students was organized in July 2019 with the main aim of guiding graduate youth to follow their aim, provide career counseling and essential life skills to hep equip them for the next stage of their lives. This was run in conjunction with the youth in the education scholarship programs.

Above: Group photo of the participants after the Training

Above: Amber Bhaju singing in the training as part of entertainment

CPAC/DPAC/RM-PAC meeting

In July, our SCAI team conducted our biannual Central Project Advisory Committee (CPAC) and District/Rural Municipality level meetings with all key ministry officials, district level officials and key stakeholders. The bi-annual meeting involves **SCAI presenting our last 6months progress against our planned activities** outlined in our project agreement with the government of Nepal, and receiving feedback from the advisory committee.

We are pleased to share that we received very positive feedback, and were encouraged to continue to act as a role model for other organisations in our field.

Above and below: CPAC Meeting conducted in Social Welfare Council office, Lalitpur

We hope you enjoyed reading some of the highlights for the quarter. Don't forget to follow our news at **www.facebook.com/SCAI.Aust** and Instagram **sunrisechildrensassociation.**

Thank you all for your ongoing support which makes all this possible!

Emma, Raj, Mansingh
SCAI Australia/Nepal