

Right4Children | 4th Issue | July - December 2017

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## From the Whole Team and all Our Beneficiaries

A very Merry Christmas and A Magical New Year wishes to you all.

We have been producing a newsletter every six months to communicate with our partners, beneficiaries, stakeholders and all concerned about our actions, their progress and achievements. We hope it has served as an important medium to connect us with our stakeholders and engage them, directly or indirectly in the work.

The R4C team is fully committed and dedicated to help our beneficiaries make the change they have always desired. Improving the lives of children is the ultimate goal of all our interventions. To make this happen, we have made protection, education and livelihood our programmatic themes with both preventive and rehabilitative approaches. Some of our projects are focused on preventing the violations of child rights while others are intensive in providing opportunities for those who are living in difficult circumstances.

We would like to thank all our partners who believe in us and have supported us in our efforts. We look forward to your feedback, comments and advice which will help us to achieve better results.

*Merry Christmas!*

# Helping Schools to Become Child Friendly

The Child Friendly School (CFS) Project is dedicated to improving the environment in the community schools in Kaski district of Nepal by making them safer and more welcoming to children. This is a 4-year project currently running in its 3rd year. The project supports 12 schools a year. .



## Major Activities

- ✔ **English Through Drama (ETD)** - A new approach to English Language teaching-English Through Drama (ETD) has been incorporated within the project. A total of 88 English Teachers from 36 schools were trained to use drama as a tool to teach English language. The aim of the ETD programme is to enable both the teachers and the students to enhance creativity and fun in their learning process.
- ✔ **Internship in CFS Project** - We have started an internship programme for university graduates to mobilize them in carrying out the CFS project activities. A total of 12 interns were selected and were placed in one of the 12 selected schools for the year 2017. The internship period is for 7 months (June-December).
- ✔ **Project Review** - A project review meeting was held on 3rd and 4th of September to reflect and discuss the project activities, modalities, outcomes and the effects of the project. Representatives of all the beneficiary schools, relevant government stakeholders and educational experts participated in the meeting and provided their input and feedback for the further improvement of the project.



I am doing my best to help the school where I am placed to become more child-friendly. It's great to see the changed attitude of the teachers and to see them applying new teaching learning methods in classrooms. Students have begun to actively participate in the learning process. Thank you R4C for giving such a great and career building opportunity.  
- Sanjaya Dutta Dhakal, Intern

## Results and Outcomes

School attendance and retention rate has gradually increased by around 10% on average.

Teachers have reported that the training programme has helped them to make teaching learning more effective.

The use of ICT has attracted students' interest in teaching learning activities.

The improved classrooms have become more attractive to children.

*(In partnership with ONGD-FNEL Luxembourg and CWS-HK)*

# Alternatives to Corporal Punishment: An Approach to Child Friendly Schooling



Child friendly learning takes place when a child, without a feeling of any kind of fear or pressure, is motivated to actively engaged in a learning process. It ensures proper understanding of child's psychology where they are guided to learn on the basis of their age, interests and abilities in a secure and joyful environment. Corporal punishment, on the other hand, is the deliberate use of physical power to cause pain or harm in the name of maintaining discipline. Such action is sure to have various consequences at different levels. The fear created through physical punishment, might work for the short term but is never a long-term nor an appropriate solution.

*Bishnu Kumar Malla Anil Paudel*



Physical punishment is widely used as a disciplining tool in Nepalese schools. However, any type of such punishment is a constraint to a child's development. In many cases parents are also in favor of corporal punishment as they believe that tough discipline will both correct their behavior and also help them improve school performance. Nevertheless, persistence of such practices is likely to have negative impact on children.

## Impact of physical actions

Physical effects	Physical pain, minor cuts, scars, serious injury, may even cause death .
Emotional effects	Low self-esteem; sad and lonely feeling; loss of interest in learning; stimulates anger/hate etc.
Social effects	Promotes the use of violence and revenge as a solution to problems etc.
Short-term effects	Feeling of powerlessness, anger, fear, anxiety, less concentration etc.
Long-term effects	Psychological problems like depression, continues illness, lack of trust, suicidal attempt etc.

## What can be done instead?

It is always good to use positive or alternative measures to discipline children instead of using corporal punishment. Action can be taken to discipline a child that are focused on changing a child's behavior but it should never be done in haste or anger.

Corporal punishment	Alternative forms of discipline
Controls child's behavior, causes pain/harm	Meant to develop/change a child's behavior, encourages children
Focuses on the mistakes	Behavior is criticized/defined as wrong, not the child
Based on the principle that you have to make child suffer to correct him/her	When children behave well, they are rewarded with attention and praise but bad behavior is not rewarded (principle of reward)
Involves abuse of power to enforce rules	Rules (Do's & Don'ts) are created involving children themselves, clearly stated and enforced in a non-violent way

## Some tips of positive disciplining

Point out the positive	When a student does something good/shows improvement, give words of praise.
Interact/communicate respectfully	Treat them as you would like to be treated, Communicate your expectation clearly and remind students of your expectation repeatedly.
Use humor and distraction	Not every misbehavior needs disciplining such as when children get tired or bored. Use humor/jokes to keep their interest.
Allow for natural consequences, but safe one	If a child repeatedly comes late in class, don't be upset. Use the situation/behavior in such a way that the students can get the opportunity to reflect on their own behavior.
Recognize efforts, not correctness	If a student is giving his best, be happy. Trying is the first and the best step in learning even if the child does not get it right at once (trial and error).

*R4C, through its project "Improvement of the School Environment" is making its best efforts to create child-friendly and a child-centered learning environment. As part of the project, we have been promoting the use of alternatives to corporal punishment through improved and attractive classrooms, engaging children in fun and play activities and by enabling schools to maximize the use of teaching learning aids. This has already brought some positive changes.*

# Art as a Tool to Promote Child Rights

*A step closer to the dream...*

## First prize winner of The International Child Rights Day & National Children's Day Art Competitions

We spoke to Rabin Nepali, aged 18, Kalika Secondary School, about his success in the competition.



**What does art mean to you?**

Creativity is something that we are born with, and art is one of the good ways to express yourself .

**Who is your inspiration?**

My art teacher Gopal Darai was a great artist and he told me that I must explore different kinds of art to be successful.

**Where does the concept come from ?**

I want to raise awareness for child rights as i have seen many problems in my society.

**What is your ambition in life?**

After finishing my school level education, I want to open my own art gallery and continue to create art professionally.

**Congratulations! How does it feel to win the competition?**

I am very happy, thank you Right4Children for the opportunity.



## Art Activities

11 murals were painted in schools and public places based on the drawings made by children on the theme of child rights.

Art workshops carried out in 10 different schools and in 10 different wards of Pokhara-Lekhnath Metropolitan city in which a total of 267 children participated and learnt basic drawing and painting skills.

Two art competitions were organized; one on the occasion of The International Child Rights Day and the other on the occasion of The National Children's Day with the purpose of providing children an opportunity to express their talents and voice where a total of 206 children participated.

## Award winning Arts from the Art Competition held on the International Child Right Day (20th Nov)

1st - Rabin Nepali



2nd - Sarah Bhattarai



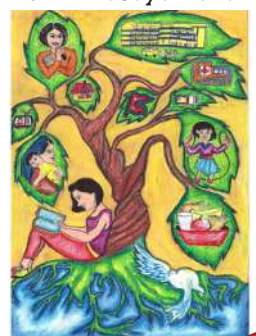
3rd - Anju Ale



4th - Abisek Ale Magar



4th - Anusuya Baral



Joint place

(In partnership with Sovereign Art Foundation CWS-HK)



# A Platform to Raise Children's Voice

Milijuli Bolaun is a weekly Children's Radio programme produced by children themselves. It is being broadcast from 9 different radio stations in *Kaski, Syangja, Palpa, Dhading, Nawalparasi* and *Baglung* districts. Altogether 165 radio episodes have been broadcast till now on various topics related to children's issues.



## Learning through Radio...

**Anjali Baral**, aged 14, from Pumdibhumdi, Kaski, commutes two hours every Saturday to participate in the programme and has been doing so for one and half years. She reflected on the experience of her participation in the radio programme.



**What's your experience so far with Milijuli Bolaun?**

We always discuss about many topics on the show, and it has helped me to learn more about new things. I have also built the courage to speak and express myself more. I never used to participate in any competition because I was very shy, but now I participate in many activities.

**Have you become involved in any other activities?**

Yes, I am now an active member of the child club in my community. In my initiation, we started to organise a weekly social programme in our village.

**How's your family response?**

My family supports me to go to the radio project. Although I have lots of work to do at home specially on Saturdays but my father always encourages me to go to the radio because he understands the importance of it.

**What do you want to be in the future?**

I want to be a social worker so i could help many needy people and advocate for their rights.

During the last 6 months

- ✔ Programme expanded to Baglung district
- ✔ 27 students of Rudrepipal Secondary School were trained in Radio programme production skills
- ✔ 39 new children from different schools were trained in child rights and the management of child clubs
- ✔ On the Occasion of National Children's Day, an inter-school debate competition was conducted in which 24 students from 12 schools participated
- ✔ A 3-day Script Writing Training was conducted for the radio production team which was attended by 27 children



## How You Can Listen

### Every Friday

5:00 PM | Radio Bihani | 97.6 MHz  
5:30 PM | Radio Annapurna | 93.4MHz

### Every Sunday

8:30 PM | Machhapuchhre FM | 91 MHz  
7:30 AM | 3 Angels | 94.6 MHz

### Every Saturday

8:30 AM | Dhaulagiri FM | 98.6 MHz  
10:30 AM | Radio Janani | 90.6 MHz  
2:30 PM | Galyang FM | 92.2 MHz  
3:30 PM | Vijaya FM | 101.6 MHz  
6:45 PM | Shreenagar FM | 93.2 MHz

### online

[www.milijulibolaun.org](http://www.milijulibolaun.org)

## Children's Page

### चाडपर्व

शरदमा रमाएर घुम्दै हुन्छन् भमरा  
निधारमा रातो टिका अनि शिरमा जमरा ॥  
पिड खेल्दै रमाउने अनि मामाघर जाने  
मासु, भात सेलरोटी मिठो मानी खाने ॥  
पल्ला घरका काका पनि दङ्ग भाका छन् रे  
उनका छोरा लाहुरे दाई नि घर आका छन् रे ॥  
परदेशमा जानु भाको बुबा घर आए  
साथीसंग रमाएर मिठो गित गाए ॥  
इष्टमित्र साथीसंग भेटघाट हुदाँ राम्रो  
परम्परा जोगाउने कर्तव्य हो हाम्रो ॥

Ranju Dahal, Class : 6,  
Dharmasthali Secondary School

### बाल अधिकार

शिक्षा पाउनु बालबालिकाको रै छ अधिकार ।  
पछि गएर बन्नु छ यो देशको कर्णधार ॥  
आवश्यक छ बालबालिकालाई शिक्षा दिक्षा सबैको ।  
परिपूर्ति गर्ने काम शिक्षक र शिक्षिकाको ॥  
बालशोषणमा परेका र बालमजदुरहरु ।  
हामी संगै जाउला अब विद्यालय बरु ॥  
बासविस पनि रहेछ संविधानमा साथी ।  
बाल अधिकार हनन हुन्न अब हामी माथि ॥  
बाल श्रम, शोषण र अन्यायलाई छाडी ।  
बढ्नुपर्छ अब हामी सधै अगाडि ॥  
हाम्रो लागि बालमैत्री विद्यालय बनाउन ।  
कोही पछि नपर्नु हामीलाई शिक्षित बनाउन ॥  
बाल विवाह पनि हाम्रो शत्रु नै त हो नि ।  
अन्त्य गरौ सबै मिलि स्वाभिमानी बनी ॥  
यति सबै पूरा गरि हाम्रो सुनिश्चित गर्नु अधिकार ।  
बदलिन्छ निश्चित गर्नु भोली देशको मुहार ॥  
अवसर दिनुहोस् हामीलाई देखाइदिन्छौ चमत्कार ।  
यति भन्दै विदा हुन्छु हस्त नमस्कार ॥

Sunita Kasai  
Class 9  
Janapriya Secondary School



Jiwan Tamang,  
Bindhyabasini Secondary School



Subash Dhakal  
Shree Krishna Secondary School

### laugh out loud 😄

One day Two friends were talking  
Sujan : I have killed horse and elephant. But soldiers didn't do anything.  
Sudip : Really ! how ?  
Sujan : Because I was Playing chess.

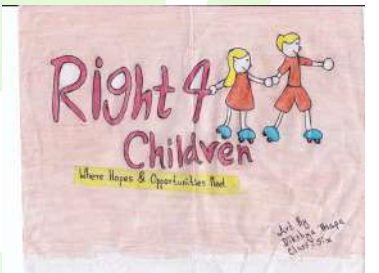
Sushmita Dhakal  
Class 9  
Shree Krishna Secondary School



Samuel Subedi,  
Class 9, Kalika Secondary School



Shreena Gurung  
BalMandir Secondary School



Diksha Thapa, Class 6  
Dharmasthali Secondary School

# FAB Hospitality School into Opeation



1st batch of FAB Hospitality School students

The FAB Hospitality School and the Community Centre, the dream project of R4C, has come true. The first phase of the FAB School construction has been completed and was inaugurated jointly by Jean Gabriel Peres-former President and CEO of Mövenpick Hotels and Resorts, Switzerland and Paul Geditz-board member of ONGD FNEL, Luxembourg on the 1st of November. The school was built with support from ONGD FNEL-Luxembourg, Mövenpick Hotels and Resorts, Children4Children Nepal-UK, RTST Hongkong. The FAB School is being run in partnership with the Global Academy of Tourism and Hospitality Education (GATE) based in Kathmandu.



FAB School English class in action

Forty young people are enrolled in the first batch of the FAB Hospitality School who are currently undergoing a 1-year training in one of the 3 elective courses; Housekeeping, F&B Service (waiter/bartenders) and Production (cooks). The training programme is fully sponsored by Mövenpick Hotels and Resorts, Children4Children Nepal, CWS-HK and the Pavilions Himalayas Pokhara. Besides, 25% Scholarship quota are provided by the GATE College as part of its CSR Policy. Along with the training programme in their respective courses the trainees are also having English and IT lessons on a regular basis.

The graduates will be guaranteed a job placement following the successful completion of the training programme in Nepal and abroad. As the school has now come into operation, the second phase of the construction work has also started. Separate dormitories, an academic block, a banquet hall and a community house will be built in the second phase. More training courses will be added in the coming years as all the construction work is completed by 2019.



Our graduates after placement in Mövenpick IBN Battuta, Dubai



I am Kabita, a 6th batch housekeeping trainee. After completing the 6th intensive training provided by R4C, I have been working as a Room Attendant in Mövenpick Hotel Doha Qatar. The training that I got from R4C proved to be the life changing opportunity not only for me but also for my family. I am supporting my family in many ways including my siblings education, health care of my parents among others. I feel very lucky to have this opportunity look forward to further growth in my career ahead.

(In partnership with Mövenpick Hotels and Resorts, Switzerland, CWS-HK, ONGD-FNEL Luxembourg, Children4Children Nepal-UK, RTST)

# Earthquake Rebuild; Getting Children Back to School

As part of the Earthquake Rebuild project, R4C is reconstructing 5 community schools in Marpak, Dhading. Two of those are primary and three are secondary schools. The construction work is on target and will be completed within the time schedule. (end of June)



## Progress

- ✔ Almost 78% and 67% of the reconstruction work has been completed in **Niranjana Secondary School** and **Mangaladevi Secondary School** respectively - completion by March 2018.
- ✔ Physical progress of rebuilding **Marpak Pokhara Primary School** is estimated at 55%. **Janachahana** and **Janabhawana Schools** all to be completed between March-June 2018.
- ✔ The project will focus on creating child friendly school environments and in improving the quality of education through various activities after the construction has been completed.
- ✔ The construction of the community building to be commenced shortly.

(In partnership with CWS-HK, Children4Children Nepal-UK, ONGD-FNEL Luxembourg)

The project will enable around 1500 children per year to continue their education in a safe and child friendly environment to address the education and protection needs of children.

## Our Christmas and New Year's Wish to you and to them...

...Give one of our beneficiaries who come from highly vulnerable and disadvantaged backgrounds a specially modified training course to get them back on their feet and a respectable job opportunity to look forward to in Nepal.

These special courses will start in February/March at our new FAB School operated by the GATE Collage.

Contribute towards :

US\$ 200 - One month 'Barista Coffee' Course

US\$ 400 - Six month 'Housekeeping' Course

US\$ 600 - Six month 'Bartender' Course

Thank you for making their wish come true.  
- Douglas and Insuba Maclagan (Co-founders)



## Donate your support to

Account Name: Right4Children Bank: Standard Chartered Bank, Nepal  
Swift Code: SCBLNPKA US Dollar Account Number: 05 -2471175 - 51

Get involved, help us change lives and visit us at [www.right4children.org](http://www.right4children.org)

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