



PROCHORUS

COMMUNITY DEVELOPMENT

Prochorus Stellenbosch December Report

Introduction:



It is the end of another year filled with ups and downs. As we look back and celebrate the good things and relook at some of the challenges that we faced during this year, we realise that we were blessed with many special moments with our beneficiaries, our staff, our volunteer, the parents as well as our supporters and donors.

As we close this year, we want to thank every person for their contribution towards Prochorus; whether big or small, we are truly thankful, not always for the gift, but for the heart with which it was given.

To make a difference in someone's life is a privilege! As a team, we are thankful to work with the wonderful children that God entrusted to us. We celebrate each of them, and their yearly progress is visible. I also want to celebrate our dear Lorraine van Ster, who has served Prochorus and the

community for the past 12 years and passed on in February. Her life was a testimony of someone who served faithfully. We have missed her tremendously, but the team at Little Builders has managed to continue without any interruption to the project.

With this update, I want to share some of the highlights of this year. I hope you enjoy it!

Jonkershoek Cycling project:

The year started with a lot of energy and kids wanting to join the project. We've started with a different group of younger riders, which allows our older and fitter riders to train harder. The new group also comprises girls excited about participating in the cycling program.

The team took part in several events. On 26 February, the team participated in the Skynamo Cross Challenge (Triathlon) at the Grabouw Country Club. A group of volunteers swam the long swim leg, and our boys ran and did the cycling. Two teams for the Sprint event also took the podium in first and second positions.



The team also took part in the Cape Town Cycle Tour in March. Later in April, we had a delightful and long training ride in the Winelands Trails with the new Winelands Trail Annual Permits we were sponsored. We had a fairly favorable winter for cycling in Stellenbosch this year. Although one of the events we attended turned into a complete mud bath. That's all part of the fun and adventure. The Western Province Schools league had great weather during their events, and we had over twenty of our children partaking in this year's league. It's always great to see how much the children are encouraged in their cycling when they can test their fitness and skills against others their own age, while fun is the main focus. One of the small girls couldn't stop asking when the next event would be. Even though performance and podium positions are not our main goals, we make room for those who do like to compete and enjoy developing their physical talents.



Two of our older riders have been selected to join an elite racing team as part of their squad to compete in the three-day Wine to Whales race at the beginning of November. One of our old beneficiaries, Lorenzo Le Roux, is already a permanent member of this team. He has won many local and national events following his dream of becoming a professional cyclist. The Wine to Whales Exxaro Category (for development riders) has been won by him previously.

During the short October school holiday, we took eight older boys from the project to a one-day bicycle mechanic course. It was great fun for them to learn and practice the new skills. Having the foundation of these skills has often opened the doors to employment opportunities for many of our older beneficiaries. The principle of maintenance and looking after valuable things is a very important skill that is often not taught in their homes. The maintenance of body, soul, and spirit is a topic we often talk about, even applying the principle to relationships and other applications.



Some of the most regular and consistent boys were also selected to attend a youth camp during the school holiday, which had a positive and tangible impact on them. The change in attitude and behavior was very visible after the camp. We still talk about some of the topics during our mentoring meetings and training rides.

The mentoring sessions have been going very well. We're currently working through a One Hope resource called Book of Hope. Topics like sexuality are relevant to them and open up great discussions for impartation to happen where it's much needed.

We had a few consistent volunteers during the year who assisted with riding with the team, mentoring, and taking the team to youth on Fridays. Volunteers form a big part of our project. We are thankful for every person who contributed their time to the children. It was not in vain.

Siyanda and Little Builders playgroups:



In 2022 Little Builders had 26 children registered, and Siyanda had 26 children. The children received food from The Lunchbox Fund and received breakfast and lunch with two snacks. Children need to eat healthily, as it helps them to focus during the time in class. In February, Lorraine van Ster, our beloved principal, passed at Little Builders, and this was a big shock for the staff and children. Grief counseling was provided to the team. Maralisa Williams, who has been at Little Builders for many years, took over as principal. Lorraine has trained and prepared her for many years. Maralisa have managed extremely well with this new position, and Little Builders has transitioned relatively easily since this change.



Siyanda and Little Builders qualified for a support program called Akkerfikelela. This program includes training, support, encouragement, and guidance to the teachers of the playgroups. An occupational therapist visits the playgroups once a week and assists the teachers in determining how to determine the areas where the children need more assistance. Teacher training in specific topics will be done regularly. Other aid will include input into the monitoring and evaluation system and help in fundraising. The staff also attended the Lego Foundation training to train the teachers to use Duplo blocks as an educational tool as part of their daily schedule. The children have enjoyed this addition tremendously.



Siyanda took the children on two outings during the year. During the second quarter, they went to Monkey Town, and at the end of the year, they went to Kirstenbosch Botanical Gardens. The children loved every minute and learned about nature, animals, insects, and plants.

In March, Little Builders hosted a sports day. The whole family was invited. At the end of the year, the teachers took the children on an outing to Farmyard.



The registered Prochorus Early Childhood Development curriculum is implemented daily at Siyanda and Little Builders. The teachers also continue to teach the One Hope Bible curriculum. The children visit the library weekly to expose themselves to books and literature. Little Builders had a visit from a dentist to teach the children about dental health.



Child protection week was filled with events every day. Community helpers like the police, firefighters, and fire brigade did presentations about safety. A social worker did a presentation on their rights as well as how to look after their bodies. The children also attended a march to raise awareness of the protection of children.



At the end of November, the graduation parties took place. Twelve children at each centre graduated to move to Gr.R in 2023. This occasion is a big highlight of the year. We are very proud of every child that will progress to Gr. R. We are excited to welcome new children in 2023 and with that comes new possibilities.



Jonkershoek Aftercare Centre:



In 2022 about eighty children were registered at the centre, with a daily attendance of about 30 - 40 children. The early development and Foundation Phase group accommodates approximately 30-35 learners. From grades 4- 12, we have 47 learners in total registered. The majority of learners attend the centre during the whole week's activities. Some learners only come to cycle and do not attend the rest of the program. Computer programs, arts and crafts, mentorship and life-skill sessions, and netball practice are some programs executed weekly. Computer programs like Khan Academy, Reading Eggs, Excel, Word, and PowerPoint training have been implemented.



Monday's were netball days for all ages, boys, and girls. We had volunteers who executed this project. The Stellenbosch Kinder kinetics did a physical programme with the kids for the third and fourth quarters on Tuesdays. This programme was specifically focussed on the children's gross motor skills, and we saw great improvement specifically for the younger children. On Wednesdays and Fridays, the children did mountain biking.



Child Protection Week was a wonderful week filled with activities. Our main aim and focus were to teach our children about their rights and responsibilities which go hand in hand. We talked with our 10-19-year-olds about Teenage Pregnancy and Sex on Wednesday, 15 June. The staff dressed up in school uniform for this day as well in the good cheer of celebrating education and freedom in our country.



September was not only the month of spring and flowers but of heritage and taking a look at our roots, the richness of our heritage, and the different cultures of beautiful South Africa. The children shared the cheer and joy of dressing up like one of their parents, cultivating the heritage of where we come from, celebrating who we are, and parading and acting them out. On the 23rd of September, before National Heritage Day, we dressed up all African.

Some baking happened over this term; we went on nature “observe” walks and had an eventful time this term, including all the academics and projects that needed attention. It was a full term – full of hard work, fun, games, laughter, good cheer, learning, growing, and change.

The staff team met with the parents quarterly. These meetings have been helpful for us as a team to get feedback from the community and adjust our services accordingly. This was an important output, especially this term, after we received valid input from the parents at the end of the third term’s parent meeting. We made a conscious decision to work on what was discussed.

There has been an increased motivation to do well at school, where we explore exhibiting a balanced lifestyle at the centre. That includes healthy meals sponsored by Lunchbox Fund, exercise like netball and cycling, creative arts and crafts, and spiritual mentoring about Christian values. The fourth term called for exam focus and preparation. It went well when we implemented a study-friendly environment. Some learners took responsibility for their studies. This brings the outcome of learners being self-disciplined. We aimed to improve numeracy and literacy, and through the help of a language tutor, we reached improvement with the children in this area. The main aim is to achieve self-confidence in these subject areas.



At the end of November, we hosted a graduation party and concert for the parents. One observation from the night was how the children celebrated and supported one another. It was incredible to see how they helped arrange the evening and set up. They were proud of their performance, and they celebrated with each other. In the past, they made fun of one another. This year, however, there was a love and respect between the children that was notable. The children were also very focused on getting everything perfect for the performance, and they had tangible pride. It was great to see.

List of donors:

Individuals, Lifetrust, Redstor, Clemengold Foundation, Bextrans, Valcare, Bester Feed and Grain, Lego Foundation, Shofar Christian Church, Akkerfikelela, Ball project, Lunch Box Fund, FPS Bulk Diesel, Cape Classic, Grant-in-aid, Winelands Municipality, PEP Foundation, Sinapi Biomedical, Focus on the Family, JSRA, Wish Internet, Adept, MTO.