



October Newsletter

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2022

Mukuru Promotion Centre

Empowerment Step By Step

Sponsored by Sisters of Mercy

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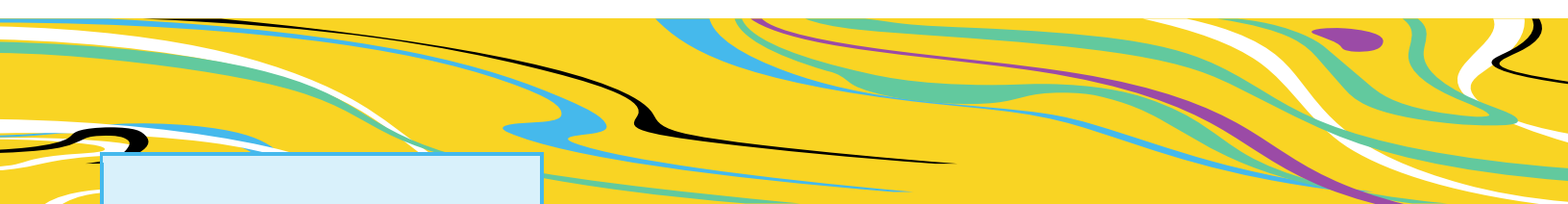
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Dear Partners, Supporters, Friends, Relatives and Sisters,

October was again a very eventful month. One of our local banks, Diamond Trust, invited me to attend online training in management and digital banking. The 2 x 2 hours, per week, for 1 month sessions was very informative. It was comforting from the questions by participants, to know that many have challenges with the changes in banking practices. The finishing touches were put to the therapy building and Andrew Otieno, the former Art Instructor, did the plaque near the front door, showing the names of the donors. Two of our volunteers from the Missionaries of Africa were ordained on the 8th of October. May God bless them and enable them to be good priests. They worked hard with the children and were of great help to the staff.

Work on the strategic plan continued with meetings with the Heads of Department and Antonio Alvarez as well as common meetings with management. The regional Director of Education called for a meeting with all stakeholders, which we attended. This was in order to know each other and to see what each organisation is offering in educational development in our region. Rose, one of the BA crewmembers, founded an organisation called New Beginnings which encourages crewmembers to assist charities in the countries they fly to. They are of great assistance to us. We were visited by a number of crewmembers who have joined New Beginnings.

Betty Bos from Holland spent two weeks volunteering in Songa Mbele. Her dedicated loving care in each class was an inspiration to the staff and parents. We felt the need of training representatives on our primary school boards. It was very difficult to get a suitable day and time when most could be available.



We held one rather poorly attended meeting and will arrange another early in the year. As the schools are managed by the boards it is very necessary for the members to know their responsibilities and rights.

It is great to see the Mukuru children participate with others in singing and dancing for the President, local and foreign dignitaries and the public on National Days such as 20th October which is known as 'Heroes' Day. We have been trying for some time to connect with Christian Blind Mission and were happy at last to have a visit from them. We both work for the disabled and hope that we can do better work together. We met with the Jesuits about their online English learning course as we realize our students are not fluent enough in English which hampers their success. We hope to improve through collaboration.

I gave input for the Mercy Emerging leaders programme at night on the 27th October for their fellows on 'Poverty and Social Inequality'. The court case of St Catherine's continues to be mentioned and given a new date the next scheduled one is 8th December. We welcomed the arrival of Catherine Nolan, Vera Smith and Theresa Heeran as volunteers and donors to the Rehabilitation Centre. They are very faithful and they and their families and friends are engaged in supporting the building of the new dining room.

I am very glad to see the improvement in activities and behaviour and in the donor support for both Rehabilitation and Songa Mbele. It is wonderful to note the good use being made of the sensory room and its equipment for autistic and other challenged children. We are very fortunate that the schools have the support of the social workers. Children would suffer more without them. We carried out the renovations of the clinic laboratory as requested by the Ministry of Health. We have a cholera outbreak at present and the health practitioners are doing everything they can to contain it. In the one very heavy shower we had part of the wall of St Elizabeth's collapsed. We will have to survey the damage and see what can be done to keep the school secure.

May God bless you all for your support during the month. The work continues because you are partnering with us. Together we can accomplish amazing works.

Sr Mary Killeen
Director

Welfare Services

Rehabilitation Centre

As everyone around the world struggles with economic hardships we are very grateful for the local and international donors. The Centre is able to achieve its objectives due to your immense support. By the end of October there were 68 boys in residence who continued with the various components of the program.

The Centre is trying hard to ensure all boys receive the opportunity to continue their education. Some of them are quite anxious to proceed with normal learning activities as they have received limited opportunities. Some are doing well with reading, simple comprehension, writing, grammar, working out sums, multiplication, division and subtractions. The fractions can wait for another time. They have started realizing the importance of being in school. The Pro Futuro tablets are an absolute hit with the boys as they learn how to use the internet to read and research topics rather than the use of books.



Madam Josephine with Year 2 boys

It is great to see that the library lessons have increased the boys appetite for knowledge, which is easy to understand given the availability of educational resources that were donated over the last few years.

The carpentry boys have been very busy doing their practical's and theory in preparation for the Grade 3 trade test exams scheduled for early December 2022 at NITA headquarters Nairobi. Some of the activities involved changing door positions in the old buildings as well as making some cabinets for the Clinic.



Carpentry class making cabinets, stools and chairs



The boys really enjoy the Art and Craft activities under the supervision of Samuel the art instructor who is sponsored by Paula Cullen and Friends. Judging by the standard of the art, Samuel is doing a great job. The quality of beadwork, drawing and painting is forever developing and provides a sense of creative pride and confidence. Three members of the Cullen group visited the Centre in October and two more will arrive in November. The group brought many new materials for the art workshop.



The boys in the art room.



The boys are also treated to a pizza night once every 6 weeks by Paula Cullen and friends.

Catechism lessons are held each week to assist the boys with their faith formation and the sacrament of Baptism before Christmas. We are grateful to the catechists from Our Lady Queen of Peace Parish, South B, who deliver the classes each week. The other physical activities such as football, acrobats and rugby, provide social skills and friendships. It is great to see the boys running around and enjoying the teamwork.



Soccer training



Gardening



Acrobatics



Rugby team at the Mini Olympics tournament in Tatu City.

The social and welfare workers spent most of October monitoring the different 'start up businesses' for parents as well as conducting the home tracing program. Two parents had to close their businesses due to unfavourable economic environment but the others thankfully are doing well.

There were 26 home tracing visits conducted with all of them except one being successful. Further work will need to be carried out with the parents and the village before the boy can return to his hometown.



Brian Magomeri with his mother and siblings Keillyn Simani and Father



Lukas Olwenya and Father

Earlier in the year we mentioned that Frank and Paula Cullen and Friends were keen to do something about the dilapidated dining room. Much work has continued in the background with designs, permissions, certificates, meetings, zooms and tenders successfully completed. Finally in October work began on the simple construction of the new dining hall. The first major activity was the demolition of the old mabati (iron sheet) structure. Next was the preparation work for the substructure.



The visitors and donors continued to grace the Centre during the month. We are very grateful to everyone who assists the daily activities at the Centre and of course the boys just love talking and performing for visitors. The Hindu Festival, Diwali was held in October. The festival celebrates the Light over darkness.



Sonia Birdi brought some sodas for the boys at the Centre.

The Centre received donations of vegetables, meat, maize flour, oil, toiletries, books, clothes, and soccer balls.



Team Pankaj



Pembe



B.A. Crewmembers



B.A. Crewmembers donated the QPR jackets.



Students from The Railway Training Institute



Nicole Mwangi



Rajveer

Sponsorship Office

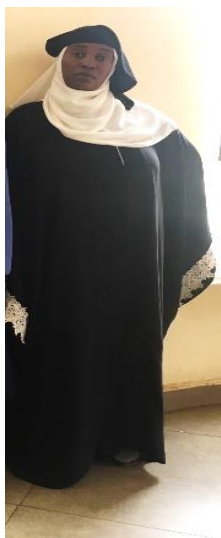
October marks the International Day of the Girl Child. Many of the girls are absent from school as they cannot afford sanitary pads and constant absenteeism impacts their learning. The Airtel Kenya Team visited St Michael's and organized a session on menstrual health and hygiene with representatives from Interconsumer Products Ltd who produce hygiene products. Over 440 secondary girls received personal hygiene packs. Access to sanitary towels enables the girls to remain at school instead of dropping out of school or unplanned teenage pregnancies.



Airtel Kenya Team with St Michael's Secondary Girls

The sponsored students' academic performance has improved slightly with over 60% scoring better grades in comparison with the first and second term exams. The major reason behind the improvements is due to the regular mentorship sessions. We hope that the advancements continue and are further realized in the third term examinations. The donor reports are continually posted on the sponsorship database for your convenience .

During October there were 2 protection cases that required urgent attention. Two donors responded immediately to assist Maggy Adhiambo, a bright student who was on the verge of dropping out of school and Nuria Abdi, a former prisoner, along with her 2 children, were evicted from their home. Nuria lost her casual job and could not afford food or rent for her family. Thank you to Denyse Tessen and Noreen Walsh for helping them overcome the hardships.



Nuria Abdi



Maggy Adhiambo

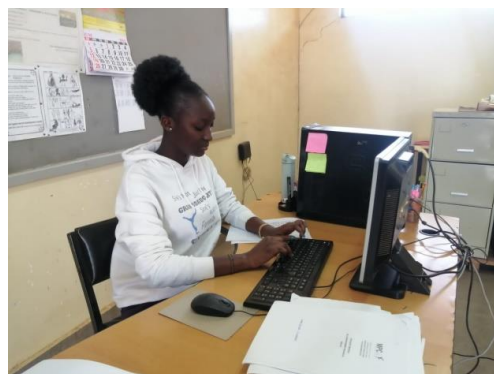
The various sessions of the Goetz Foundation sponsored mentorship program continued throughout October. The number in attendance at both sessions was very high with 86 and 100 girls with their mentors. The topics covered in the different sessions were time management, dealing with negative peer pressure, interpersonal communication skills and preparing efficiently for examinations.



Small Discussion groups

The 11 young women who have been sponsored at tertiary level institutions to help them on a career path are very grateful and are doing well in their respective courses. The courses range from diplomas in education, business management, occupational therapy and degrees in information technology and accountancy to master's in psychology and counselling. Some of the courses are for 12 months and others for 3 years.

The other sponsored element to the Goetz Foundation is the 'Internship' Program. The 8 young women have been carrying out tasks in the various Mukuru Promotion Centre Departments.

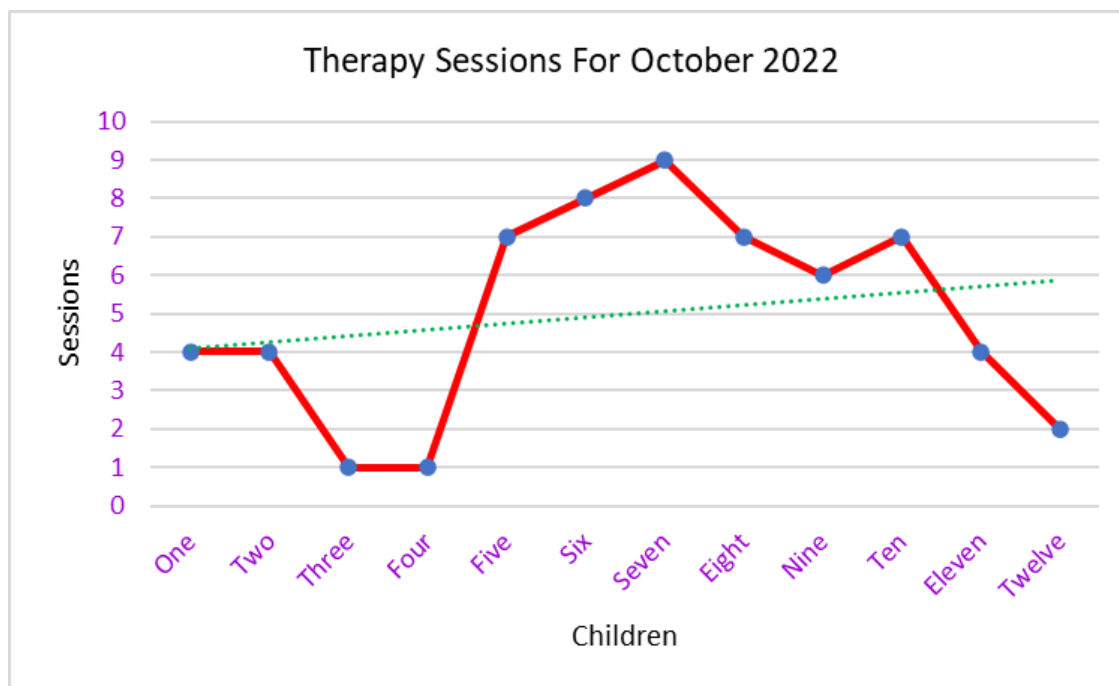


Internship

Songa Mbele na Masomo Children's Centre

The outdoor and indoor learning activities continued throughout October with most of the children showing improvements with their individual education plans. Six children have demonstrated continued improvement and it is hoped that they will be integrated into mainstream schools. The focus for the month was on creating greater engagement with the children by fostering a more conducive learning environment. The extra volunteers provide the opportunity for a more hands on and one-on-one approach.

There was 1 new admission during the month, Faith Celina who has learning difficulties has commenced in Unit 3. The Centre now numbers 91 children across the 4 units – 56 boys and 35 girls. The Centre was also able to admit 2 new outside clients who attend therapy sessions. Little Jaden Kisisu is 13 months with cerebral palsy and 5 year old Joshua Ngumbao who also has cerebral palsy. During October 61 children managed to participate in 413 therapy sessions. Some children had more sessions than others, however, there was a marked decrease in the number of children who received more than 10 sessions. In comparison to September there were 20 children who received more than 10 sessions and in October the number was 13 children. We attribute this decrease to parents who continue the therapy sessions at home and therefore reduce the number required during the week. There were a few children who did not attend due to illness. The average sessions per child ranged between 4 and 6.



Frederick Junior is 12 years of age and has autism. Frederick started at Songa Mbele when he was 4 years old. After continuous therapy Fredrick's concentration and eye hand coordination has improved his hyperactivity. The sensory resources donated by the Kenyan Child Foundation for the sensory room has given Frederick further support to manage his hyperactivity.



Fredrick Junior

Songa Mbele hosted a number of visitors during October. We are grateful to all visitors, donors and supporters. The staff at British Oxygen Company spent some time with the children and supply the Centre with gas each month. Catechists from the Consolata Shrine helped with some catechism classes and donated some food provisions, clothes and bedding to the needy children and parents. Others from St Francis Savior Small Christian Community, from St. Margaret Catholic Church; Rachael Maleche; Mrs Lily Nyawira; Al-Huda Mosque; Mater Misericordiae Hospital; Rotary Club Magharibi; Jacqueline Wanjia; Joseph Mwangi; Patrick Malaika; Sarah Wangeci; Team Pankaj; Steer Restaurant; Ambrose Agbeko assisted in some way in making the children and their lives a little better.

The Kenya Institute of Special Education conducted assessments on 22 children at the Centre. It is hoped that the reports will be sent to the Centre before the end of November to further guide the teachers on the best way forward for each child.

Social and Health Services

Social Services

October has been busy with quite a number of activities being carried out through the various social offices. The activities ranged from mentorship talks, guidance and counseling, networking, follow up on absenteeism cases, nutritional support and distribution of food and clothes to needy and vulnerable clients.

There was an increase in our needy students compared to September. This can be attributed to the difficult times many parents live in as they are unable to fully provide for their children. We have also managed to distribute food donations to needy clients targeting over 430 clients as well as the nutritional support offered to sick and terminally ill clients and malnourished babies.

With schools almost coming to the end of the academic year, the social workers prepared the students profiles, for sponsorship consideration in secondary school, as well as college. With the high cost of living, it is anticipated that we will see an increase in the number of students who will need assistance to continue with their education. Truancy and absenteeism have also increased slightly compared to last month which related to a lack of meals and sickness. Girls were also assisted with 73 needy students receiving sanitary towels.

Counseling and mentorship talks have also been carried out within the learning institutions to support anti-social behavioral issues as well as dealing with potential issues as they are preparing to break for their long holiday.

Home Visits



Disabled parent in Kayaaba



Needs Assessment Class 7 girl



St Michael's Student

Schools Mentorship Sessions



St Michael's Mentorship



St Bakhita Primary



St Catherine's Primary

Schools Health Sessions



Sancta Maria Guidance



Ministry of Health Talk St Catherine's



Self Defense Lessons

Teenage Mothers Food, Clothes and Nutrition Distributions



Mother care package



Class 7 teenage mother



St Catherine's Needy pupils

School Uniform Support

*St Bakhita
St Elizabeth
St Bakhita*



Social and Health Services Statistics
For October 2022

No.	Case type / Activities	Education						Health	Welfare			Total
		St Bakhita	St Catherine	St Elizabeth	Sancta Maria Kayaaba	St Michael's Secondary	Vocational Training Centre SKILLS	MPC Clinic	Songa Mbele na Masomo	MPC Rehabilitation Centre	Child Protection	
1	Abuse Cases	1			1	1					1	4
2	Amaranth Adult Clients		68									68
3	Amaranth Babies & Child Clients		9									9
4	Behavior and Discipline Cases	6	9	3	7					19		44
5	Business Startup / Booster	1			1	3	1			2		8
6	Counseling and Guidance sessions	8		11	20	1	3			19		62
7	CoVid19 Hygiene Material Resources											-
8	Donations Received		4	1			2		19	23	2	51
9	Fire and Floods Disaster assistance											-
10	Food Distribution		49			56	40					145
11	Home Visits	6	4	4	13	12	7		9	3		58
12	Hospital Visits (other Hospitals)							18	1			19
13	Malnourished Babies		13									13
14	Medical Cases (to MIC)	10	77	4	65	26	10	46	15	26	1	280
15	Meetings and Trainings	1					6	1	5	1	2	16
16	Mentorship Sessions	7	2	7	7	2	5			2		32
17	Mobilization of Resources											-
18	Needy Families Support (Community)	7	38				3		1		6	55
19	Needy Students / Children	18	12		7		5		144			186
20	Networking		6	1	5	2		14			4	32
21	New Admissions to MPC Institutions			3					2	3		8
22	New Teenage Pregnancies cases											-
23	Nutritional Support		14									14
24	Placement (Job/internship experience)						2			6		8
25	Pregnancy Support Packages	1	2									3
26	Provision of Sanitary Towels	11		32		20	4		6			73
27	Referrals (non medical)	1			2	19	1		22			45
28	Safeguarding Follow Ups					1						1
29	School Absenteeism / Truancy	10	11	2	27	18	6		62			136
30	Schools Profiles	14	29	64	12	5	20					144
31	School Visits		1						2			3
32	Songa Mbele Therapy Sessions											-
33	Sponsorship Follow-ups				20				5	1		26
34	Uniform Aid	1	7	91	6	1						106
	Totals	103	355	223	193	167	115	79	293	105	16	1,649

MPC Clinic

The Clinic recorded an increased number of children treated. Sancta Maria Mukuru and St. Catherine Primary Schools recorded the highest numbers of 65 and 77 respectively. To ensure specialist treatment the parents with children were encouraged to register with the National Health Insurance Fund (NHIF).

The Ministry of Health volunteer assisted in the County's Tuberculosis program. Agnes Oluoch will help identify active cases. The Clinic staff together with the Starehe Subcounty Tuberculosis and Leprosy coordinator, visited St. Catherine's Primary School for a TB sensitization talk. The pupils were educated on tuberculosis, modes of transmission, preventive measures and various symptoms. They were encouraged to seek out medical attention when they experience such symptoms for further screening. Parents of Grades 6 and 8 pupils were also addressed on the same subject.



Mary Nzamalu, Starehe Subcounty Tuberculosis and Leprosy Coordinator addresses pupils and parents of St. Catherine Primary School



Clinic staff received continuous medical education to expand knowledge on current management of various conditions common to Mukuru slums. Various conditions are covered in the sessions which are held weekly such as respiratory diseases and urinary tract infections.

Clinic medical staff during a continuous medical education session.

The Kenya Irish Society donated medical supplies for treatment of diseases in children from Mukuru Slums.



The primary schools deworming program continued throughout October. Exercise and health talk on hygiene and sanitation and nutrition began at St. Catherine on 31st October 2022. Pupils were addressed on the importance of personal hygiene and various ways to maintain hygiene. This was followed by a single dose of deworming tablet to each pupil to prevent worm infestation.

St. Catherine's Primary School pupils being addressed by the Public Health Officer on hygiene during a deworming exercise.

Posters were placed around the school as a reminder to the pupils on the importance of good hygiene.



Laboratory working bench

The Clinic renovations are ongoing in the laboratory as part of the upgrade requirement for registration with Kenya Medical Laboratory Technologists and Technicians Board. The phlebotomy area and working bench have been completed.

October Registrations 2022

Category	Gender	0-5 Yrs	6-12 Yrs	13-17 Yrs	18-35 Yrs	36-49 Yrs	50-64 Yrs	Above 64 Yrs	Total
New cases	Female	113	61	45	174	62	14	1	470
	Male	87	47	43	70	36	17	1	301
Subtotal		200	108	88	244	98	31	2	771
Revisits	Female	153	60	38	155	72	26	5	509
	Male	135	40	45	76	52	32	4	384
Subtotal		288	100	83	231	124	58	9	893
Total		488	208	171	475	222	89	11	1664
Percentage	<i>Female</i>	<i>55%</i>	<i>58%</i>	<i>49%</i>	<i>69%</i>	<i>60%</i>	<i>45%</i>	<i>55%</i>	<i>59%</i>
	<i>Male</i>	<i>45%</i>	<i>42%</i>	<i>51%</i>	<i>31%</i>	<i>40%</i>	<i>55%</i>	<i>45%</i>	<i>41%</i>

October 2022 Treatments

Diseases	0-5 Yrs	6-12 Yrs	13-17 Yrs	18-35 Yrs	36-49 Yrs	50-64 Yrs	Above 64 Yrs	Total
Outpatients								
Respiratory	179	67	50	80	47	24	3	450
Gastronintestinal	67	40	42	74	27	13	0	263
Cardiovascular	37	23	19	62	55	27	4	227
ENT	19	19	9	10	6	1	0	64
Genitourinary	4	5	3	109	18	4	1	144
Sexually Transmitted Diseases	1	0	0	7	4	0	0	12
Musculoskeletal	2	19	18	47	28	8	3	125
Integumentary (Skin)	22	5	10	15	7	2	0	61
Dressing	2	4	2	1	2	2	0	13
Other Diseases	40	15	15	28	13	4	0	115
Subtotal Outpatients	373	197	168	433	207	85	11	1,474
Clinics								
ANC	0	0	2	37	0	0	0	39
Immunizations	157	0	0	0	0	0	0	157
Nutrition	61	0	0	7	0	0	0	68
Comprehensive Care	0	0	0	0	0	0	0	-
Tuberculosis	0	1	0	2	1	2	0	6
Non Medical (Mental)	0	0	0	0	0	0	0	-
Referrals to Medical Facilities	0	3	0	0	2	2	0	7
Subtotal Clinics	218	4	2	46	3	4	0	277
Total	591	201	170	479	210	89	11	1,751

October 2022 Laboratory Tests

Laboratory Tests	0 - 5 Yrs	6-12 Yrs	13-17 Yrs	18-35 Yrs	36-49 Yrs	50-64 Yrs	> 64 Yrs	Total
ANC Profile	0	0	0	23	1	0	0	24
Anti-Streptolysin O test (ASOT)	0	1	1	2	2	0	0	6
Bilirubin Levels	0	0	0	0	0	0	0	0
Blood Group	0	0	0	1	0	0	0	1
Blood Sugar (R.B.S/F.B.S)	0	0	2	3	22	7	1	35
Brucella	0	0	0	1	0	0	0	1
BS for MPS (Malaria)	33	13	3	3	8	3	1	64
Calcium Levels	1	0	0	0	0	0	0	1
Creatinine levels	0	0	0	0	0	0	0	0
Du test	0	0	0	1	0	0	0	1
Full Haemogram	7	3	6	12	10	5	0	43
HbA1c	0	0	0	0	0	0	0	0
Helicobacter Pylori	2	6	16	19	12	2	0	57
Hemoglobin Levels	13	1	1	10	5	0	1	31
Hepatitis B (HBsAg)	1	0	0	0	0	0	0	1
High Vaginal Swab Microscopy	0	0	0	15	7	1	0	23
Lipid Profile	0	0	0	0	0	0	0	0
Liver Function Test	0	0	0	0	0	0	0	0
Pregnancy Test	0	0	0	15	0	0	0	15
Rheumatoid Factor	0	0	1	5	7	2	1	16
Salmonella	0	0	3	5	0	2	0	10
Stool Analysis	24	43	31	50	20	13	0	181
UEC's (Urea, Electrolytes and Creatinine)	0	0	0	0	0	0	0	0
Uric Acid	0	0	0	0	0	0	0	0
Urinalysis	6	15	15	90	32	9	1	168
Urine Culture	0	0	0	0	0	0	0	0
Urine Multi Drug test	0	0	0	0	0	0	0	0
VDRL/Syphilis	0	0	0	5	0	0	0	5
Total	87	82	79	260	126	44	5	683
<i>Average Tests Per Day</i>	<i>31</i>							

Over 1,750 patients were treated at the Clinic during October with 42% of the patients being under the age of 13 years which is a result of living in the slums. It is concerning that over 40% of this cohort attend the Clinic due to respiratory issues and that if conditions were different so would the figure. We are grateful that many mothers continue to bring their babies to the Clinic to be immunized, with 157 recorded for the month.

Education

Primary Schools

October was busy with academic activities as teachers rushed to finish the terms work to ensure good comprehension on all the concepts that will be tested in the upcoming examinations. Preparations for exams in all classes were carried out especially Grades 6 and 8. The teachers utilized every single minute to check that the pupils were listening to their teachers and had the knowledge for the exams.

To assist with the learning of the preschoolers, some educational resources in the guise of toys were distributed to our ECDE Centres that are based in the primary schools. Given the joy on the faces of the children the toys were a big hit.



Pre-Schoolers

There are always many school meetings but this month's focus was on the National exams updates and the transition of the Junior Secondary system. St Bakhita Primary School was identified as one of the primary schools that could hold a Junior Secondary cohort in Makadara Sub County.

The Ministry of Education visited 3 MPC primary schools during October: St. Bakhita, St Elizabeth and Sancta Maria Kayaaba Primary schools. The visit involved issues of teacher assessment to identify the teachers who are qualified to teach the junior secondary classes; assess the suitability of the schools to hold junior secondary classes; the ongoing teacher shortage; and the capacity of the schools to hold both the KCPE and KPSEA examinations.

Education Partners are all Non-government organizations / individuals that take part in complimenting learning in schools by providing services such as building of classrooms and libraries, feeding program, safe drinking water and sanitation, provision of teaching and learning materials, guidance and counselling or any other service that is beneficial to the child. To reduce any duplications the Ministry of Education held a meeting with all the stakeholders to discuss several issues particularly the challenges experienced in the CBC curriculum such as the lack of parental support and the need to build more classrooms. Approximately 49 partners turned up at Moi Girls' High School, Nairobi for the meeting including MPC representatives.



Education Partners meeting at Moi Girls High School

MPC sponsors 4 primary schools in Mukuru and is considered a great example of transforming the primary schools from semi-permanent to permanent structures as well as other services it provides the schools like feeding program, educational resources, extra teaching and non-teaching staff. The meeting also focused on the legal frameworks governing primary schools.

The stakeholders were taken through the different legislations and policies such as The Children's Act 2022; UNESCO – The right to education; Circular on protection of children; Kenya School Health Policy and the Basic Education Act 2013 and specifically article 43 and 53. The meeting concluded with the Education partners agreeing on several different aspects that covered infrastructure, sanitation, hygiene, feeding programs, safeguarding and environmental management.

The 4 MPC primary schools held many extra-curricula activities during the month. St Catherine's pupils were treated to self-awareness and self-defense classes; some Grade 3 and 4 girls received the HPV vaccine; the Ministry of Health addressed the school on the Cholera outbreak. St Bakhita hosted Agnes Mbono from KNEC to assess the Special Needs candidates for the upcoming assessments. St Elizabeth's also hosted visitors from Ministry of Education to discuss the progress of the below average pupils on the Tusome Program that focuses on languages and arithmetic; officials for APHRC with ECDE Makadarra Sub-Director also visited the school; mentorship sessions for Grade 5 and Grade 7 as well as the preparation for the upcoming assessments. Sancta Maria Kayaaba also received officials from the Ministry to follow up on the remedial reading program, held motivational talks for the Class 8 candidates for the national examinations; and received guests from HAART who presented life skill lessons to the pupils. Red Cross visited the school to check on the Plasma Water Project. All primary schools sent representatives to the National Mashujaa Day (Heroes) celebrations at Uhuru (Freedom) Gardens.



Ministry of Health at St Catherine's Primary



Self Defence at Sancta Maria Primary

St Michael's Secondary School

The total enrolments for the last term of the 2022 academic year was 467, being 47% female and 53% male. With the terms returning to normal in 2023 the expectation is to have an enrolment of 500 students with a full cohort in Form 1.



October had the usual meetings, sporting activities and examinations for the students. The month commenced with an opening Mass for the whole school.

Fr Binu Homely

Clearly, the most exciting activity for the scout group was a rare excursion to the Ngong Hills, just outside of Nairobi. The group hiked for 5 kilometers to improve their endurance and sharpen their skills that also took in the beautiful scenery, something that they would not have been aware about.



The Nation Media Group, (NMG) Kenya's most prominent news association visited St Michael's Secondary School for the official launch of the "Taifa Leo" newspaper. Once the students have read newspapers for 100 days the school receives a visit and some t-shirts. They are then invited to join the Swahili writing competition. The students were enthusiastic to meet the NMG Team and appreciated the donated t-shirts. The winner of the writing competition receives 4,000khs (€32). Later the winner can apply for a scholarship.



NMG Team and St Michael's Students

During the 'Hamazisho', the students were encouraged to write 'Inshas' (compositions) and compete with other students' country wide. After being encouraged by their Kiswahili teachers, many students submitted stories. One student emerged as eighth in the Nairobi region. Form One student, Flora Vitus Swai was ranked number 8 in Nairobi County. We congratulate Flora and her great achievement! Let's remember the name as she might be writing the next big article for the NMG in 8 year's time!



Flora Swai



Airtel Kenya speaking to the Girls

The Airtel Kenya Team also visited St Michael's and delivered some inspiring motivational talks to the students on future careers and staying safe. At the conclusion of the talks the girls received sanitary towels to help them avoid any absenteeism.

Some of the boys visited St. Aloysius Gonzaga Secondary in Langatta near Kibera slums for a discussion session on the issues living in the slums. Both school catchment areas are similar to each other with Kibera slums with over 2 million people and Mukuru in excess of 1 million people. The students shared the challenges and triumphs they face each day. Despite most of the students from St Aloysius coming from Kibera they consistently achieve good grades. After lots of chats, the students finished the day with a soccer friendly. Unfortunately, St Michael's lost the game 2 - 1.



St. Aloysius Gonzaga welcoming St Michael's students



Discussions



Soccer Game

St Michael's held its annual Sports Day with students participating in soccer for both boys and girls, volleyball, basketball and acrobats. The winners were awarded and the best overall student was awarded too.



Brian Agwata Best Boys Soccer Player



Best Performing Team Form 4 Boys



Best Girls Team

The journalist and news anchor man from KBC Television, Harit Salim, talked to the Form 4 students as they prepare for life after school. The important point conveyed to the students was the importance of working hard at school.



Harit Salim



Fr Patrick and JWL colleagues at St Michael's

Fr Peter and colleagues from Jesuit Worldwide Learning visited the Head Office to discuss the importance of the English language in schools. They suggested an introduction of online learning for the schools and MPC will cater for the facilitators and implementation of the program.

Students at St Michael's received some computers from the Mater Misericordiae Hospital for their laboratory.



St Michael's Computer Laboratory

Our Lady of Mercy Vocational Training Centre

Kenya is enduring its worst drought in 40 years, according to the Government and UN. More than 4 million people are “food insecure” and 3.3 million cannot get enough water to drink. The cost of food has doubled since Russia invaded Ukraine this year. Across Kenya, the price of maize flour has increased and many families cannot afford to buy the staple ingredient.

The annual inflation rate in Kenya accelerated for the eighth straight month to 9.6% in October 2022 from 9.2% in September. It is the steepest inflation rate since May 2017 and if it does not rain, many Kenyans will die of hunger. Students at Our Lady of Mercy Vocational Training Centre who are mostly young women are bearing the brunt. Fortunately, Team Pankaj has been supporting the Centre by providing porridge and lunch to students. We thank team Pankaj for providing food to our starving students.



Students line up for lunch courtesy of Team Pankaj



With the installation of 12 more computers, the issue of insufficient computers has been resolved. The main obstacle now is the network as the link to the Centre has constant interruptions and disconnections due to the construction of the roads around the Centre. Often the cables are accidentally dug up in the construction.



Computer classes



Interior design in Catering is an important topic that allows students to be creative. The primary aspects of a restaurant design include color, lighting and seating. Interior design helps students to utilize the space provided and gain knowledge on colour combinations. The restaurant décor improves customer satisfaction and impacts on customer perception. This new topic in the Catering course has brought interest to students and increased confidence especially after creating a good ambiance for their guests. The students can now organize and plan events with some assurance. They have also learnt the recommended skills in the service area as per the NITA curriculum.



Some of interior designs done by students

We are grateful to Christina Brooks, Rose and the entire British Airways crewmembers for donating beauty products, paints and canvases for the Beauty and Art courses.



Appreciative Students



Announcements

There are many activities that continue throughout the month that are not reported but are very necessary to maintain the outreach services of MPC.

- Heads of Department Meetings
- Site Meetings for the new Dining Hall at the Rehabilitation Centre
- MPC Quarterly Board Meeting
- Staff Appraisals
- Professional Development opportunities for MPC from Diamond Trust Bank – Financial Management Training in digital banking.
- Emerging Mercy Leaders sessions – poverty and social inequality were among the topics.
- Design planning for the Catering restaurant
- Renovation to the Mushroom house project