

# MATCH FOUNDATION

## NEWSLETTER

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Tadala Ngosi, our Executive Director engaging Students on Proper WASH Practices. MORE DETAILS ON PAGE 2

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## WASH TRAINING AT TADALA abc PRIMARY SCHOOL

*Empowering Students and Teachers for a Cleaner and Healthier Environment*



According to statistical data, an important percentage of schools developing nations, specifically 46%, lack access to enhanced water and sanitation facilities. In light of this urgent matter, the MATCH Foundation organized a Water, Sanitation and Hygiene (WASH) training at Tadala abc Primary School on 1st November 2023.

As a newly opened school, students ought to understand and adapt to good WASH practices. This was accomplished through the provision of comprehensive training to both students and teachers by enlightening them on their respective responsibilities in safeguarding the well-being in crucial pillars such as hunger, health, gender, education, and economic issues. Having acquired knowledge during their training, both students and teachers been empowered by fueling their desire to prioritize their well-being and embrace a healthy lifestyle.

Blessings, a standard one pupil enjoyed the training and said that he used to wash hands only during meals but with this training he learned that washing hands after visiting the toilets could prevent him from contacting diseases.

The MATCH Foundation generously donated washing buckets, soap, toilet bleachers to facilitate health practices at the school as well as informative posters illustrating good hand-washing practice. As MATCH Foundation we believe this initiative will enhance a behavioral change for creating a supportive and conducive learning environment. Our goal with the WASH Program is to fundraise for a modern girls change room in support for the menstrual hygiene management.

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## LET'S TALK ABOUT MENTAL HEALTH



On 24 November 2023, MATCH Foundation held another session of Anyamata Ojaka program, as our continued support for mental health in young boys. At a time in which suicide cases in men are skyrocketing in Malawi, it is of most importance to sensitize young boys about mental health and healthy coping mechanisms.

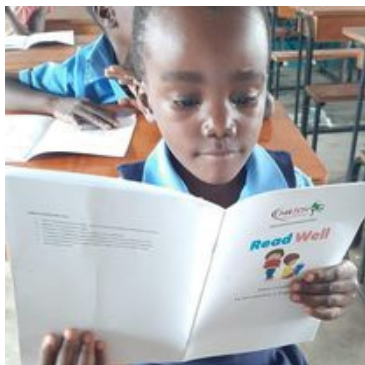
The session was facilitated by Prince Mthikira a Program's officer at MATCH Foundation. Prince spoke with the boys on the importance of being aware of one's mental health status, things that can lead to poor mental health, and shared stories about the mental health crisis that has rampantly affected young boys and men in Malawi.

Prince also highlighted the importance of having confidant friends or people such as the coaches at MATCH Foundation. "A problem shared is half solved," he explained. Prince emphasized the importance of sharing personals struggles with people they trust or those they feel can help them; it may be friends, guardians or professionals.

At the end of the program, the boys shared different stories and experiences that are stressful or depressing for them. One of it is failure in school which brings so much stress as their parents are hard on them. In conclusion, boys were encouraged to seek where they are not doing well and speak up when they feel pressured while remaining respectful to to their parents and guardians.



## EXTRA CURRICULAR ACTIVITIES KICKS OFF AT TADALA abc PRIMARY SCHOOL



What a joy to finally see students at Taddala ABC Primary School in Mzungu Village, Lilongwe, Malawi enjoy the first of its kind. The After-School program at the school is designed to equip students with a fun-based learning experience in reading, mentorship and sporting activities. The foundation is implementing a reading and tutoring activity for standards 1 & 2 students while mentorship activity is for standard 6 students. All students from standard 1 to 6 take part in the after-school tennis activity.

The reading and tutoring activity, among others, aims to build a strong foundation for literacy by teaching children how to read and spell English words and to focus on developing phonics skills, ensuring children understand basic phonetic letters and their corresponding sounds. While the mentorship activity, among many other reasons, aims to equip students with essential life skills for personal and academic success. MATCH Foundation realises and understands that beyond traditional academic education, mentorship focuses on cultivating critical life skills such as communication, decision-making, and problem-solving. By providing these skills, the mentorship activity contributes to holistic personal development. The reading and tutoring activity has noticeably improved reading skills, increased confidence, enhanced vocabulary, and a positive attitude toward learning and has potential benefits of long-term academic success, a passion for literature, and improved communication skills. The mentorship activity that has been implemented among the standard 6 students has undoubtedly enhanced social-psycho support, improved emotional well-being, and increased self-esteem.

We are witnessing the transformation of young minds through these programs, and the positive feedback from both students and teachers fuels our commitment to making education and mentorship accessible to all.

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## MATCH ATHLETES ATTEND SAFEGUARDING TRAINING

On 09th November 2023, on a rainy Thursday afternoon MATCH foundation organised a safeguarding training with MATCH Foundation tennis players at Bingu National Stadium. The purpose of the session was to train them about their rights as athletes, reporting procedures if they come across a problem whether on the tennis court or where they come from. For the players to understand the safeguarding policy, two topics were introduced. Among other topics discussed, athletes were introduced to various forms of abuse, how to overcome them as well as where to report. Another important aspect on the session was to inform the players on the role MATCH foundation when a concern has been reported to them.

The Executive Director, mentors and the coach facilitated the training. It was an interactive and interesting session as the players also shared their ideas and gave examples of gender harassment and sexual abuse. Not only did they share ideas some asked very important questions. "What if the abuse has been made by our own coach here at the stadium, how can we report him/her?" asked one athlete. Happy to say that the session opened the player's eyes because from the interaction it showcased that they need to know that they are protected by the organization. The facilitator responded to the athlete that anonymous box will be used in cases where a child is not confident to directly report to the office.

At the end of the day the athletes were fully equipped with knowledge regarding safeguarding procedures and were also advised to report if they come across a concern because it is our duty as an organization to make sure that the athletes are protected from any harm.

## MATCH KIDS IN THE NATIONAL JUNIORS TENNIS TEAM

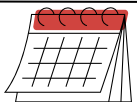


From December 2nd to 3rd, 2023, the talented youngsters of MATCH Foundation showcased their exceptional tennis skills at the Lilongwe Golf Club during the Tennis Regional Qualifiers. Competing against opponents from the central region, the MATCH Kids displayed unparalleled determination and emerged victorious in all categories. All 12 athletes who won at the regionals qualified for the national championship to represent the central region of Malawi.

We have ended 2023 year on a high note as 4 of our athletes who competed in the National championship made it to the Malawi Tennis Junior National Team. A big congratulations to Faith Nkholoma for taking number 1 position for Girls U12 category, Promise Meya number 2 for U12 girls. Gift Patrick number 2 in Malawi for Boys U16 category and Tiyamike Laimon number 3 for Girls U14 category. The national championship presented an opportunity for these young athletes to not only highlight their skills on a larger stage but also to compete for coveted spots in the national team.

Their dedication, skill, and sportsmanship have not only brought glory to themselves but also to their coaches, parents, and supporters.

We wish the MATCH Kids the best of luck as they compete in the southern African Junior Tennis tournament and African Games later this year.



### OUR SPECIAL EVENTS COMING UP IN 2024

- January - International Day of Education at Tadala abc Primary School
- January - Sanitary Cup Campaign
- February - Launch of Mental Health Project
- March - Kick off Timasukirane Project
- April - Super MATCH Tennis Day
- June - International Day of the African Child at Bingu National Stadium
- July - Spelling Bee Challenge
- August - MATCH Foundation Anniversary
- September - Tadala abc Primary School Anniversary
- October - Mental Health Day at St. Johns Secondary School
- November - 16 Days of Activism with Timasukirane Project
- December - MATCH Foundation End of Year Awards



# Merry Christmas and Happy New Year!