

## Interim Report V

Adopt a Village – Osenetoi

Submitted To:

SVQF

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## INTRODUCTION

Free The Children is proud to report back on progress made during the fall in Osenetoi with community members playing an active role in their own sustainable growth and development and that of their community. Seeing active engagement in and ownership of projects can be attributed to the programming that was implemented over the summer to keep teachers engaged and get them prepared for the school year ahead. Also, in working with children and their families, Osenetoi Primary was able to maintain high attendance rates when other regions across Kenya were negatively impacted on account of the drought. To complement this focus on drought alleviation, Free The Children continued to emphasize health care programming, as you will see highlighted in this report. Also, to showcase Free The Children's long-term commitment to sustainability, this report will present a case study on alternative income programming as well as on water and sanitation programming which will begin to be implemented early 2012.

Free The Children is so pleased to report back on the growth that was seen in Osenetoi and the impact made on the lives of thousands of community members. Thanks in large part to SVQF's support, the Adopt a Village program continues to move forward and reach out to thousands of people every day, offering them the opportunity to play a critical role in their community's development and sustainable growth.

## EXECUTIVE SUMMARY

| <b>Program</b>                    | <b>Adopt a Village</b>  |
|-----------------------------------|---|
| Country                           | Kenya   |
| Program Goals                     | <ul style="list-style-type: none"> <li>• Provide access to quality primary education</li> <li>• Provide access to clean and safe water for all community members</li> <li>• Provide access to standard health care facilities and medical resources.</li> <li>• Increase empowerment and independence of women</li> <li>• Increase base family income through sustainable and diversified income generating activities</li> </ul> |
| Sectors of Focus                  | Education, Water and Sanitation, Health, Alternative Income   |
| Operational Area                  | Osenetoi, Narok South District, Kenya   |
| Program Start Date                | December 2010   |
| Funding Partner                   | Sanam Vaziri Quraishi Foundation (SVQF)   |
| Total Budget                      | \$250,000   |
| Funds Disbursed to Date           | \$140,000   |
| Predicted Number of Beneficiaries | 2,000 (Direct and Indirect)   |
| Free The Children Contact         | Alexandra Martin, Program Manager   |

## EDUCATION

### Impacts at a Glance

|  |     |
|--|-----|
| Number of students enrolled and regularly attending                                | 268 |
| Number of boys enrolled  | 110 |
| Number of girls enrolled   | 158 |
| Total number of classrooms needed to accommodate the students                      | 8   |
| Number of pre-existing permanent classrooms  | 3   |
| Number of pre-existing semi-permanent classrooms needing to be repaired or rebuilt | 2   |
| Number of new classrooms to be built through SVQF                                  | 5   |
| Number of classrooms currently under construction                                  | 2   |
| Number of teachers currently employed  | 10  |
| Number of female teachers  | 3   |
| Number of male teachers  | 7   |
| Teachers participating in School Pride programme                                   | 10  |
| Total teacher training sessions held   | 1   |
| Number of external stakeholder meetings  | 4   |

The school year is nearing completion in Osenetoi, and children have seen the progress that projects have made thanks to the shared partnership fostered between Free The Children and Osenetoi community as well as the generous support of partners like you.

Teachers were set up for success in the new year, through the establishment of the School Management Committee. Since the summer, the committee has met again and continued their planning and efforts to create a conducive environment for student-centred learning in Osenetoi. The last meeting was held at Emori Joi School and was attended by the Head Teachers from all Free The Children schools. As the year progresses, teachers will convene at different Free The Children schools each meeting so that they may share best practices from their school and showcase the progress that community has made.

The meeting focused on 3 core topics: beautification, maintenance and cleanliness of the schools, the opportunity for a school farm and student examination performance. With regards to creating a positive learning environment, the Head Teachers will play an essential role in setting the standard for schools. The responsibility will then be transferred to teachers and students so that they can also play an active role in making their school a healthy, clean and safe place. Another agenda item of interest was the opportunity for the creation of a school farm. In the upcoming months, the School Management Committee will play an active role in moving this project forward. The demonstration garden was also touched on, which is a project that will continue to be led by students in the school environmental club as an experiential learning program. The third item discussed was examination performance. The Head Teachers jointly promised to work together with their colleagues to ensure students are well-prepared for exams. Teachers have committed to motivating students and promoting extra-help sessions before and after class so children are set up for success. Also, textbooks were distributed in Osenetoi Primary to enrich education.

Head teachers, teachers, students and families take great pride in academic achievement and sharing achievements with their community and surrounding communities. It is very important to Free The Children to continue to promote this sense of pride as a sustainability strategy at the school. This is

because when teachers and students feel accomplished in their education, they are much more likely to make education a priority over the long term.

## **EAST AFRICAN DROUGHT UPDATE**

Free The Children continues to examine the effects of the drought across Kenya. Several parts of Kenya are currently facing starvation as a result of the drought as rains have been unreliable since the beginning of the year. Since the majority of Kenyans rely on agriculture both as their primary source of income and to feed their families, the little rains have affected Osenetoi as well. This year, crops have failed leaving community members with almost no yield from their farms and with little to no income to buy food in the market. In several regions of the Kenya, this has resulted in an increase in the dropout rate at schools. Children are focused on searching for temporary work to support themselves and their families. In knowing this, Free The Children continues in make a considerable investment in school nutrition programs. In the months of September and October, a total of 26 additional bags of maize were supplied to Osenetoi Primary to both ensure students were nourished and to preventatively address the risk of absenteeism in schools.

The school nutrition program has been very helpful over the past few months beyond meeting the dietary needs of school-going youth. As most of the students do not have adequate food at home, they now have reliable access to a fortified hot lunch and nutritional supplements and can concentrate more in their studies. Students are also increasingly motivated to come to class. The school-based nutrition program also ensures students have more time in their day – by not having to trek home for lunch – and as a result of the feeding program, the school has realized higher test scores, and maintained student attendance levels and retention rates.

Free The Children is committed to monitoring the effects of the drought in all supported communities in Kenya in the coming months.

## **WATER AND SANITATION**

Over the summer, water and sanitation education programming was run through Free The Children's mobile clinics. Because of these trainings, the mamas of Osenetoi continue to practice proper sanitation techniques that children have brought into the school. This has had a positive impact on the incidence of water-borne illness seen at Baraka Health Clinic, lessening stress on nurses and health practitioners.

The construction of water projects continue to be in the planning stages. The community of Osenetoi looks forward to a wide range of new water and sanitation programs to meet their health needs in the near future including latrine construction, and placement of new hand-washing stations.

As of our April and May 2011 field reports, the school community had just received training on the importance of proper hand-hygiene and techniques for this within the school environment. The teachers participating in the training learned about the installation and maintenance of hand-washing stations and "leaky tins" and how to promote hand-health hygiene amongst their students. The head teacher, School Management Committee and health patron agreed to put into place a plan to erect two hand-washing stations on to the latrine blocks. Construction of the hand-washing stations that are to be

affixed to the latrine blocks will follow completion of the latrines. There are a total of 6 latrine blocks (or double-unit latrines) planned for Osenetoi, of which 4 are generously being funded by SVQF. Three of the four double latrines are under construction and nearing completion. The final latrine block will be constructed this year.

In the interim, community members from Osenetoi have been able to benefit from clean water access points installed by Free The Children in neighbouring areas. Given the recent drought and the sensitivity of ensuring the community members we service are given access to clean a water source, Free The Children has shifted its priorities to ensure we meet the villagers’ basic needs alongside expediting plans to install a new clean water source through SVQF’s support.

## HEALTH CARE

### Impacts at a Glance

|   |     |
|---|-----|
| Number of students receiving lunch                                    | 254 |
| Number of students participating in school based environment programs | 40  |
| Number of children participating in de-worming program                | 210 |
| Number of mobile health clinics conducted                             | 5   |
| Total number of students training health education over the summer    | 20  |
| Number of people benefitting from school gardens                      | 244 |
| Number of health lessons given  | 1   |

Since Free The Children began working with Osenetoi, health activities have rolled out gradually both within the community and the school. The response of these programmes has been very positive with community members actively participating at events. It is Free The Children’s imperative to focus on health care as a priority in Osenetoi given the effects of the drought. Building on the health patron training that was delivered over the summer; the two representatives continue to build health lessons into the curriculum with teachers.

In September, a deworming exercise took place at the school. On this day, a total of 210 pupils and 11 teachers were dewormed. Deworming takes place once a month in every community that Free The Children works with. This program entails a visit from the mobile clinic where children are vaccinated. The field team finds this is the optimal frequency to reconnect with community members to monitor their health and provide them with care. As part of the comprehensive health program, the pupils from nursery school to grade eight were also educated on personal and environmental hygiene. Below is the breakdown of the pupils who were positively impacted by this health care program:

| Class   | Boys | Girls | Total |
|---------|------|-------|-------|
| Nursery | 29   | 24    | 53    |
| Class 1 | 12   | 10    | 22    |
| Class 2 | 18   | 13    | 31    |
| Class 3 | 20   | 13    | 33    |
| Class 4 | 14   | 11    | 25    |
| Class 5 | 15   | 7     | 22    |

|         |     |    |     |
|---------|-----|----|-----|
| Class 6 | 10  | 4  | 14  |
| Class 7 | 5   | 5  | 10  |
| Total   | 123 | 87 | 210 |

An important part of health care programming involves environmental awareness. This school year, environmental conservation was given more emphasis. Osenetoi’s environmental club took on the role of planting of more trees on school grounds. Members of the club have so far planted 600 trees. These students have also taken an active role in ensuring that the trees are regularly watered during the dry season. Another significant achievement within this club is the active participation of both boys and girls on a regular basis. This club has been able to achieve gender parity which is important for building bridges between both sexes in other aspects of community life. The members of the environmental club have become ambassadors of environment in the school, educating their peers on the importance of environmental conservation.

One critical element of health care was mobilized given Free The Children’s focus on disease recovery and prevention during the drought. The school completed a health checklist assessment to survey current school facilities, capacities and resources. This assessment included the following activities:

- Checking the cleanliness and sanitary conditions of school latrines. It was found that they are in good condition both structurally and in terms of cleanliness;
- Assessing the sanitary conditions and conduciveness of the classrooms for learning. The assessment determined that they are well maintained and suitable for use until new classrooms are complete;
- Appraising the cleanliness and general maintenance of the school compound. After the meeting of the School Management Committee, school grounds have undergone improvements;
- Determining progress made by health club. The schools’ health club was noted to be functional and the patron was encouraged to maintain the same spirit by engaging with peers more regularly.
- Reviewing incident reports. The school did not experience any emergencies in the fall.

Upon receiving these findings, Osenetoi and Free The Children noted that Head Teachers, teachers, and students were playing an active role in keeping their school clean and healthy but that it does take a concentrated effort to encourage and track this. It is for this reason that health programming continues to be a large focus for Osenetoi.

## ALTERNATIVE INCOME

### Impacts at a Glance

|   |  |
|---|--|
| Number of Alternative Income beneficiaries        | 210 (Direct and Indirect)  |
| Number of women’s groups formed                   | 2 (groups range in size from 15-30 women)  |
| Number of training sessions/month                 | 2  |
| Number of women actively participating in program | 46   |
| Number of groups in program Phase 1               | 2  |
| Length of merry-go-round cycle                    | Approximately 22 to 24 weeks (subject to change based on number of women participating because all women need to |



|   |   |
|---|---|
|   | withdraw funds from the merry-go-round before entering subsequent cycles.)  |
| Traditional areas of investment for Phase 1                 | Housing improvements, clean water storage tanks, kitchen chimney, kitchen utensils, school costs for children, investment in small business (on occasion) |
| Increase in average yearly income (since program inception) | 0.2 USD to 0.5 USD  |

Alternative income programming continues to move forward among the women of Osenetoi. In one meeting held by the Namaiyana group, women received advanced training in skills that are typically given in the second phase of alternative income programming. This meeting was attended by 18 out of the 24 members. The group members were trained on the following topics in anticipation of entering Phase 2 of the merry-go-round where they will gain further training on the modules:

- Leadership
- Record keeping
- Minute taking
- Report writing
- Micro enterprise selection

Both groups are still in their first phase of the merry-go-round. As members continue to learn more in trainings and learn more about each other, they build their knowledge on alternative livelihood opportunities and the importance of this to the community. Because of this continuous learning process, members are motivated to patiently work through the first phase at their own pace, realizing the importance of trust, ownership and accountability to the group's and to a family's success in income generating projects.

## SUSTAINABILITY

All elements of Free The Children's Adopt a Village model are designed to be community owned and maintained, and self-sustained, ideally within five years after project implementation is completed. All programs are structured in partnership with community members and local governments. The purpose of these partnerships is to ensure the sustainability of the programs. By actively engaging all relevant stakeholders, Free The Children ensures that the ownership and responsibility of our projects remain with the community. This active engagement is integral to the sustainability of the programs, as the success of all initiatives becomes a shared responsibility between the community and Free The Children.

Sustainability is based on four key tenets that are incorporated in all programming:

- Capacity building
- Local engagement
- Cost sharing partnerships
- Environmental and cultural preservation

Whether it is in education, water and sanitation, health or alternative income projects, these tenets are applied to each Adopt a Village pillar. Free The Children is pleased to highlight the sustainability

strategies used in its alternative income and water and sanitation programming components in this report.

## **Alternative Income Programming: Case Study**

Free The Children has provided documentation of the ways in which alternative income programming is implemented in Adopt a Village countries around the world, and in particular Kenya (for details please refer to interim report IV). Building on this knowledge, the organization is proud to share a case study on the merry-go-round system to further illustrate the lifecycle of an alternative income program beneficiary.

### **Jane Marindany**

Jane is the Chairlady of *Toroita Women's Group* – She has led her group through Phase I, II and III of the alternative income program and still her group continues to support one another.

#### **Phase I**

- Round 1: Members contributed \$1 each round to provide dishes.
- Round 2: Members contributed \$2 each round to provide goats.
- Round 3: Members contributed \$4 each round to provide tin roofing.
- Round 4: Members contributed \$16 each round to do a project of each woman's choice which must be approved by the group.

During the fourth round, Jane's personal project was to build a brick home. Since investing her share of the merry-go-round funds in her project, she has finished her home and is proud that her project has increased the quality of life her family is able to enjoy. From living in one small mud home to having strong walls and adequate space to provide housing for her children, parents, goats, and chickens, Jane has come a long way through the strategic investments she has made into her home and family. She is now proud to provide more sanitary and sturdy conditions for her children and her growing numbers of goats and chickens have the mud home to themselves.

#### **Phase II**

Toroita Women's Group engaged in more formal training with Free The Children in Phase II. They learned the importance of leadership and about the roles of a secretary, treasurer, and members. They wrote their own constitution, learned the value of minute taking at their meetings, this introduced record keeping and book keeping. They also underwent workshops on conflict management resolution and registered with the local Ministry of Social Services as a formal commitment to each other. All of this prepared them for success in entering Phase III.

#### **Phase III**

Phase III is focused on income generation. For Jane's group, they decided to start honey businesses. Free The Children has partnered with a local organization to provide trainings on maximizing honey production. Free The Children provides the hives and asks the women put down 10% of the full payment. When the first harvests come in, the women give 50% of the profits back to Free The Children to begin repaying the initial loan. For just a few hours of additional labor each month devoted to the maintenance to the hives, women are able to earn several thousand shillings per harvest which happens

about 4 times a year. This does not inhibit their ability to do household chores or start additional businesses on the side. It is a culturally relevant activity that is easy to introduce to the women.

Jane was able to work with 5 bee hives, bringing a consistent source of income to her family. Jane is also very proud of her 5 bee hives, as they enable her to provide food, school fees, and health care for her children in her new brick home.

Jane is a role model for many women in rural communities in Kenya as she built a strong foundation for her family through hard work and dedication, as well by fostering group trust and responsibility in the Toroitā women's group. Alternative income programming takes many shapes and forms, and varies based on the women in the group. These programs can be longstanding, but come with so many benefits to families in rural communities in Kenya.

## **Water and Sanitation Programming**

Free The Children is proud to showcase a commitment to sustainability in water and sanitation programming. Like all pillars for Adopt a Village, water and sanitation programming is essential and complements education, health care and alternative income programming well. Sustainability strategies for water and sanitation programming as are follows.

### **Capacity Building**

In an effort to support the local economy, whenever possible Free The Children hires local community members to assist with the construction of the clean water systems. In addition, depending on the type of water system built, the organization trains a select group of community members to become water system operators. This not only provides more job opportunities for adults, but it also guarantees that the knowledge of maintaining and repairing the water systems remains within the community.

### **Local Engagement**

Local engagement is key to the sustainability of water and sanitation programming. Both adults and children are expected to contribute to the success of the programs with their own means. While adults form Water Committees that are in charge of overseeing the long term maintenance of the projects, children often start student clubs. The student clubs are in charge of maintaining water system cleanliness and they also engage their peers in sanitation campaigns that reinforce the sanitation workshops Free The Children provides in school.

### **Cost Sharing Partnerships**

To ensure that the sustainability of projects is owned by the community, both local community members and the local government contribute financially to projects in various capacity. For example, Kenyan community water committees collect a small fee per family to ensure a maintenance fund for the projects.

### **Environmental and Cultural Preservation**

Whether it is through boreholes or latrines, all water and sanitation projects are built with the environment in mind. Water projects often include, water sheds, dams and other soil erosion preventive systems. In addition, all latrines and sanitation systems are strategically designed to prevent groundwater contamination.

## CONCLUSION

With young people hard at work at school, health care programming in full swing and the mamas of the community continuing to make efforts to better the economic circumstances of their families, Free The Children is planning ahead into 2012, when more water and sanitation as well as community construction projects will take place. The organization is confident that 2012 will be an equally prosperous year for Osenetoi.

Moving forward, Free The Children will continue to respond the drought in ways that best serve the community, ensuring that children continue to attend school on a regular basis. If you would like to learn more about the East African drought, the impact it is having on Free The Children communities in Kenya and how Free The Children is responding, please visit our [East African Drought information portal](#).