

## HELP UPGRADE THE KITCHEN

Phase	Description	Projected Cost	Year
8	Building a Modern Kitchen	USD 20,000	2023/2024



Please make your tax deductible donations to: **Gitare Kenya Outreach Inc.** 

P.O. Box 373 Wayland, NY 14572 - 0373

If you wish, specify

Building or Student Sponsorship,

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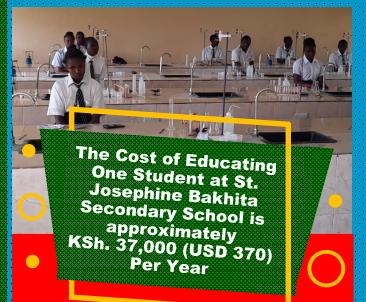
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# The Mustard Seed

"What is the kingdom of God like, and to what shall I compare it? It is like a mustard seed, which a man took and threw into his own garden; and it grew and became a tree, and the birds of the sky nested in its branches." LUKE 13:18-19





GITARE KENYA OUTREACH

BUILDING THE FUTURE

DESK BY DESK

CLASS BY CLASS

SEPTEMBER, 2023



# ST. JOSEPHINE BAKHITA SECONDARY SCHOOL (GITARE)

To Smpart Walues and Skills For Life



Determination for Excellence

### A STUDENT SPEAKS

My name is Mercy and I was born in September 2005. I am the last born in a family of five. My parents are Simon and Serah. My family lives in Gitare/Twendane which is in Gilgil Sub-Couty.

My parents are subsistence famers. They practice mixed farming where they grow maize, beans and potatoes on a small two-acre piece of land. They also rear two milk cows and a few chicken.

I joined St. Josephine Bakhita

Secondary School in the year 2020 and I am currently in my final year, that is Form Four (Grade 12). The school provides a good environment for us to grow academically, spiritually and morally. I have learned self-discipline through the help of our teachers at the school who work so hard to teach us knowledge and skills for life outside of school. I am very happy to be a student at this school.

The school management gives bursaries which makes it possible for my parents to pay reduced school fees so that I can stay at school and attend all the classes. They also provide us with Text Books, Exercise Books, Laboratory Equipment and Sports Equipment.

After I graduate, I would like to study to become a doctor so that I can help other people when they are sick. What I have learned from St. Josephine Bakhita will be a bridge toward my

future career. I thank the founders, the sponsors, and all the teachers for helping me follow my dream.

Mercy.

### FOOD AND EDUCATION

Some research has shown that there is a direct correlation between inadequate nutrition and lower school attendance and performance. Many children go to school hungry and this has detrimental effects on their ability to grow and learn. If you are at school and hungry it is hard to think, let alone learn.

As a school, the goal is to feed all students and ensure they have access to nutritious meals everyday. This will consequently improve the overall school attendance, academic performance and raising opportunities for college and university entrance.



#### **Benefits of School Feeding**

- 1. Increased enrollment and sustained attendance.
- 2. Improve overall micronutrient status and reduce the prevalence of anaemia.
- 3. Reduce vulnerability and boost family incomes.
- 4. Lowers barriers to accessing and completing education.
- 5. Promotes consumption of diversified diets while enhancing local economic development.



### **OUR INFRASTRUCTURE**

School infrastructure is a key base for learning in schools.

In the course of this year, 2023, we managed to construct a Boy's **PIT LATRINE** to replace the dilapidated one and the painting of the **MULTIPURPOSE** building is on course.





#### THE NEXT PHASE - MODERN KITCHEN

The kitchen at St. Josephine Bakhita Secondary School is unhygienic, hazardous and outdated. The school consumes loads of firewood which in itself is not environmental friendly.



A modern kitchen with chimneys and energy-saving stoves will ensure a hygienic environment, reduce consumption of firewood and save

on time.