

# THE OTHER SIDE FOUNDATION SCHOOL

The year 2024 started on a bad note in terms of education, country wide in Zambia. This is because of the cholera epidemic that hit the nation. The children were made to stay home as a way of combating the disease. In as much as it was a good idea, for TOSF students it was more like a punishment for this meant no food to eat. Like what Mahatma Gandhi once said, there are people in the world so hungry, that God cannot appear to them except in the form of bread, and such people are those families The Other Side Foundation School serves. All in all, the disease was combated and children were able to return back to school safely. We at The Other Side Foundation School are very thrilled to welcome you to our first edition of 2024, First Quarter Newsletter where we shall be able to share our most recent achievements and updates with you.

## INSIDE THIS ISSUE:

- OPENING DAY
- WOMEN'S DAY CELEBRATION
- YOUTH DAY CELEBRATION
- AN ARTICLE ON CHOLERA OUTBREAK/ FOOD HAMPERS
- MRS CHAMP'S BIRTHDAY CELEBRATION
- END OF TERM 1 EXAMINATION
- CLOSING DAY



## OPENING DAY

The schools opened on the 12<sup>th</sup> February, 2024 after many postponements due to cholera outbreaks. The students were very happy to be in school after what I can call one of the longest school vacations. This called for an adequate preparation on the part of the Values Based Teachers in terms of academic work so as to facilitate the required knowledge in eleven weeks and not the usual thirteen weeks per term. All thanks to the VBTS (Values Based Teachers) who used the long holiday to prepare the work and all the teaching and learning materials to be used once schools opened. To show seriousness with work, learning at TOSF school commenced the very first day we opened school. We would love to thank all members of staff for their commitment towards work, keep up the team spirit.

This year's **International Women's Day** was celebrated under the theme, "**invest in women: accelerate progress.**" As usual TOSF staff were privileged to be part of this celebration just like always. We want to sincerely thank the School Directors and the School Management for their tireless support whenever we have such events.



## WOMEN'S DAY CELEBRATION

Achieving gender equality and women's well-being in all aspects of life is more crucial than ever if we want to create prosperous economies and of course a healthy planet. However, this can only be achieved through intense sensitization globally to highlight the importance of this occasion. This is the reason why international days and weeks are set to educate the public on issues of concern, to mobilize political will and resources to address global problems and to surely celebrate and reinforce achievements of humanity.

## INTERNATIONAL YOUTH DAY CELEBRATION

2024 Youth Day celebration was emphasizing the major role the youths play in shaping the future of any nation. It calls on young people to take a lead in driving positive change, innovation and development in their communities and beyond. This can be a reality if only youths could be told this fact, but how then can this be done? The answer is not specific because there are so many ways, and one of these ways is through mentorship programs. Through this observation, TOSF management invited some mentors to voluntarily come on board to mentor our bursary students. We want to thank the mentors who responded to our call and our students really learned a lot. The theme, Zambia @60: Be a Change resonated to them after having that mentorship program. Kudos to our bursary students on that new level of knowledge acquisition and not forgetting the mentors who sacrificed their time to come and talk to our students. We at TOSF are grateful and we wish to see more people coming over for such and many more programs, remember together we can.



## YOGA MATS

The origin of yoga can be traced back over 5000 years to ancient India, where it was developed as a spiritual practice by the Indus-Sarasvati civilization. The earliest written records of yoga come from the ancient Indian text called Vedas which dates back to around 1500BC. Over time it has evolved into a complex system of physical, mental and spiritual practice that was passed down from teacher to student. Sage Patanjali brought yoga to the world. He wrote the Yoga Sutras around 200BC. Throughout history, yoga has been practiced by various religious groups. However, today yoga is practiced all over the world and there are many different styles and approaches to the practice. While some people still practice primarily as a spiritual or religious practice, many others practice it for physical and mental health benefits and TOSF is one of those who practice it for such. All thanks to Mrs. Vidya Dasgupta, founder of AtmanTransformationDaily who has been teaching yoga online to both learners and teachers for free. Yoga was introduced late last year at TOSF and students were using chitenge material as yoga mats since the school couldn't afford to buy the yoga mats. Having seen the students using those materials which were not right for yoga, a donor was sourced and bought 35 pieces of yoga mats. Today students and teachers are very happy and enjoying doing yoga on those mats. We therefore, want to extend our sincere gratitude to Mrs. Promila Dhar for donating 35 yoga mats and we sincerely encourage other like-minded people to emulate this by partnering or donating to our foundation for us to continue running effectively to cater for the underprivileged.



## CHOLERA OUTBREAK FOOD HAMPERS

Cholera is still a global threat to human health in developing countries and Zambia is not an exception. Lusaka was the epicenter of Zambia's cholera outbreak. It is very sad to mention that this outbreak had a lot of negative impact the nation as a whole not to talk of those living in abrupt poverty. Many lives were lost which left some of the students at TOSF school single and double orphans. Not only that but also jobs and businesses collapsed due to this epidemic which left the communities TOSF serves even more vulnerable. This prompted us to write an article on the intensity of the damage caused by the epidemic. We appealed to well-wishers to come to the rescue of those who had survived from cholera but yet had no means of feeding their families and carry on in life. The article touched an individual from Singapore who came on board and donated food hampers to 30 families. To you dear donor, your selfless gesture saved a minimum of 400 people and we are very grateful for this. We should also keep in mind that there are still many families we could not reach out to because of our financial constraint. TOSF reaches out to over 500 families in total and we have not even covered 50% of them who were affected by this epidemic.



## MADAM LEELA'S BIRTHDAY

G.K.Chesterton once said, the fact about the celebration of a birthday is that it is a way of affirming defiantly and even flamboyantly, that it is a good thing to be alive. 12<sup>th</sup> April is a very important day to TOSF. This is the day the founder of The Other Side Foundation Mrs Leela Champ was born. Though she does not see the significance of us celebrating her birthday in school, TOSF staff and students have thousands of reasons to celebrate it. The lady in question has brought a lot of change in the lives of many people from impoverished backgrounds. Who wouldn't want to celebrate this special day of a very special person who was born for a special reason which is to serve the poorest of the poor? Like any other year, a celebration of her birthday was done. We all know that birthdays attract gifts from friends, relatives and more especially our beloved ones. With her it is different, instead of receiving gifts she always gives out on her birthday. We are very grateful of your character for it has taught us many positive things in life and today we are a different version of how we came. Thank you for illuminating light in many lives of people to a greater glory. TOSF staff and students are grateful for your life, may the almighty God add more years to your life. We are inviting all who would want to celebrate any happy occasion like their birthdays and marriage anniversaries or commemorate the life of a deceased, to share this moment with TOSF students.



## **END OF TERM EXAMINATION**

At the end of every term, an assessment is carried out. It is a way to get a feedback of what has been taught. As the first term of the Zambian academic calendar is ending, students country wide are tested on what they have learnt. The students of our school are also going through the same process. We would like to wish The Other Side Foundation School students, all the best in their examination.

## **CLOSING DAY**

The academic calendar indicates that school closes on the 26<sup>th</sup> April, 2024. We want to take this opportunity to thank all Values Based Teachers and Learners for the commitment shown in all endeavors. Though it is only a one-week break, all students and teachers need to utilize it very well.

I am sure the OVCs will be looking forward to coming back on the 6<sup>th</sup> may, 2024.