



Creating opportunities and resources for the excluded  
Newsletter Vol XVII, November 2024

## Thank you to all for your donations, support, or hard work!

A sincere thank you to everyone who has supported the work of CORE in so many ways. Thank you to all for your donations, and to the staff and volunteers of our partner organizations, for your hard work, planning, constant commitment, and immense compassion for all who are suffering in this time.

In 18 years, we have contributed to helping about 15,000<sup>1</sup> families or individuals in changing situations.

## Impacts – from dropouts to graduates

Donations to CORE are making a real difference in the lives of the people we try to help! With your donations, we help kids stay in school to avoid dropouts leading to child labour and marriages, which perpetuate a family's poverty.

Supporting children's education is a long-term commitment to achieve real impacts in the education, confidence, and well-being of a young person and their family.<sup>2</sup>

You can help by donating through CanadaHelps on our website [donation page](#). It automatically sends a Canadian tax receipt. Please check [CORE's website](#), [Facebook](#) or [Instagram](#)



## A real difference = school needs + basic needs + tuition (confidence building)

Since 2017, CORE has worked with and supported HimRights<sup>3</sup> to implement a program to enhance the education of 100 Chepang and other marginalized children in four schools in Makwanpur district south of Kathmandu. There have been no dropouts, no child marriage, no child labour. These children from the poorest families, who could not afford to eat or send them to school, are becoming academically successful and empowered.

This program was based on past experiences recognizing that hungry kids don't study well, and their family's livelihood takes priority. The program provides food and income generation, and engages parents, school, and tuition

teachers to create a conducive environment for children to do well in school and improve their overall development.

The chair of CORE's Nepal NGO partner HimRights, Anjana Shakya says, "*We have completed seven years with support from CORE, because of which it has been successfully and meaningfully implemented. We are in constant dialogue with the children, their parents, tuition and school teachers, and local government to improve this program.*"

Objectives:

- To provide educational support to Chepang children
- To empower and build leadership of Chepang children and link them with local government
- To empower parents' livelihood to support their children.

<sup>1</sup> Care has been taken to not double count. For instance, students receiving scholarships for several years are only counted once, not every year.

<sup>2</sup> A one- or two-year 'project' cannot yield sustainable results.

<sup>3</sup> By Nepali law, international organizations must work with and through Nepali organizations.

## Changes are happening

- 100 scholarship recipients have increased attendance and excellent educational results.
- Students completing and graduating from school – three completed class 12 in 2023 and one is going to class 12 in 2024.
- A ripple effect is happening with scholarship students helping classmates, being active in sports, and leading their teams.
- Students in dire situations are finding good jobs for themselves.

### Tul Bahadur Sunar, is the Principal of one school.

*“CORE and HimRights have supported us for the last seven years. The educational support program has been a big relief to all the children and parents who are part of this program. There has been an improvement in the school and the students. It provides 27 very marginalized children, with all that they need to attend school — tuition, food, uniforms, and sweaters for chilly weather.*

*“Before, these students were dropouts or child labourers in very difficult circumstances. Now, they have improved significantly academically. Without tuition class support, such visible improvement will not occur only with scholarships.*

*“They also did an awareness dialogue event for parents on the importance of education. There has been a reduction in*

- Families have enough food for all their kids, with getting food support three times a year.
- Effective relationships have developed between the children, teachers, their parents, and local government, which now understands Chepang children's issues and problems.
- Tuition Teachers continue to teach the scholarship children creatively and interestingly.
- The original 16 parents who received goats have given baby goats to other parents. The program now provides agricultural insurance.

*alcohol consumption and violence in families. The parents send their children regularly to school. There are extra activities, such as public speaking, to make all the children stronger.*

*“The Chairperson and Vice Chair of the municipality have taken part as guests of honour in some activities. In these events, children have raised their issues to be addressed. The representatives of the municipality are closely monitoring this program.*

*“This program provides for the students' needs throughout the year - fees, stationary, uniforms, sweaters, tuition, food, IG program, etc. I would like to thank everyone very much for their ongoing support.”*



## Essentials – keeping kids in school

The education support includes admission fees, bag, stationary, uniforms worth Rs. 7,000 to each student. As well, we provide food support which adds up to Rs. 360,000 for 100 children per distribution three times per year instead of twice as in the past.

Besides educational support to these Chepang children, we aim to empower and build leadership of the children (and their families) to link them with local government and enable parents' livelihoods to support their children.

**Bidur Thapa, Education Resource Person** (former teacher) of Manahari Rural Municipality said, *“The reason for no dropouts in HimRights/CORE has to do with them being in constant touch with students and others. They visit the*

*schools almost every month. They provide stationary, uniforms, food, and for other activities.*

*“We monitor schools in our municipality, so we know how HimRights/CORE works in our schools. Other sponsors work with scholarship recipient students once a year and not for a long time.*

*“The most important part is being constantly in touch with the students and others.”*





## Encouraging and helping classmates

When Prasansa Tamang was in class 4 in school, she was going to have to leave the school because of her family's hardship. Her father worked as a day labourer on other people's farms but was often sick. The family had no land of their own. Her mother, Roshani Tamang, heard about the CORE/HimRights support and went to talk to the school principal.

Since Prasansa got a scholarship, she has been studying hard. This year, she passed from class 7 to class 8, third in her class. Also, she is studying diligently in tuition classes.

Prasansa told the tuition class that she is very lucky and requests all her friends to teach others what they know and to repeat any subject that they don't understand. On her own initiative, she is actively learning new topics by herself and taking part in all the extra-curricular activities.

## Tuition classes

Two tutors per school give the scholarship children tutorial classes to support them in their homework and encourage them to adapt to school life. It is hard for children to do their homework if their parents cannot read or write.

The tutorial classes are helping the scholarship children to do very well in their classes. These kids are helping their classmates in their classes too.



For her tuition class assignment, she wrote a letter to her elder brother saying that it was better to work in one's own country with dignity, than to work abroad, and read it to her class. She tells her friends to tell others what they know. She says that her ability is increasing after getting support from CORE/Himrights and thanked everyone very much.

Prasansa's mother Roshani says, "*There were always many things we could not afford, so the children dropped out of school because they got scolded for not having these things. Now there is no problem at all. This program has made us tension-free. The children have everything they need. They are doing very well in school and we are supported with food. Before, we would never visit the school, but now we feel we need to come to school and find out how our children are doing.*"

In the tuition classes, the tutors teach the children through songs, poetry, and games; so learning became fun and exciting. We support a three-day refresher training for teachers and tutors as part of the educational support.

*Tuition teachers for two schools at training*



## The goal – educated for livelihoods

Livelihoods remain the critical issue for the families of the scholarship students. For income generation, the program provided goats to 16 of the families in 2022 and chickens to all the families in 2023, so they can sell eggs, chickens, or baby chicks as a source of income. In 2024–25, we are looking at ginger, turmeric, and other planting that are less labour intensive for those who do wage labour.

One student, Santa Lal Praja, left school after class eight when his father died. He had found a very good job to help support his mother and siblings because the family had no land or enough income to meet their basic needs. After receiving support from CORE/HimRights in class four, Santa had studied very hard getting very good results in class eight.

When his father suddenly died, he looked for a job to help his family despite having the scholarship. At the time, the national telecommunications corporation was looking for field staff who had passed class eight to work on remote telecom towers. Santa's good results got him one of these jobs, with very good pay. Santa and his mother thank CORE/Himrights as their life is transformed. They hope that the support provided by CORE/Himrights to students will continue.

## Support to disadvantaged kids

### Namche School scholarships

CORE supports scholarships at Namche Community School, now for fifteen students. These disadvantaged kids are mostly the children of people from other districts, who work for wages in hotels and lodges on the trekking route to Everest. There are also several from Dalit (so-called untouchable) families who traditionally do metal work, butchering, and sewing in villages.



## The gift of sharing ...donations as gifts

CORE offers the opportunity to give the gift of sharing. Every donation however large or small helps. You can donate through CanadaHelps on our [donation](#) page. It automatically sends a Canadian tax receipt.

Your gift for your friends and family can support:

- \$180 – food for one disadvantaged student to stay in school for one year
- \$ 380 - scholarship for a child for school for a year
- \$ 2,800 - Pays salaries of four tuition teachers for 4 months

### Thank you to ...

- everyone who has [donated](#) in the past 18 years.
- everyone on the ground in Nepal, especially to the staff and boards of Himalayan Human Rights Monitors (HimRights) and Namche School.
- CORE's board: Wally, Jane, Degju, Fionna, Carol.
- Carol for being our feet on the ground in Canada to keep books, check mail, and do the banking
- Neetu in Kathmandu for administrative support

## Reflections and Ways Forward ...

Natural disasters are presenting challenges for people to survive let alone improve their situations. CORE helped HimRights to successfully apply for a small grant from the Nepal branch of the returned Peace Corp volunteer association to conduct workshops with parents, teachers, student representatives, and local officials to discuss how the communities can better adapt to changes – environmental, political, economic – and apply for local government support to begin to mitigate these problems. CORE will continue to advise and support activities that consider these problems for income generation.

As well, we were very focused on keeping children in school – very successfully as now some are graduating. We need to think strategically about the best and affordable ways to help them prepare for their futures to find work or further education that will lead to jobs. We will continue support to very poor communities and encourage them to find new livelihoods.

