



Creating opportunities and resources for the excluded
Newsletter Volume XVIII, November 2025



You can help by donating through CanadaHelps on our website [donation page](https://www.canadahelps.org).

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

A sincere thank you to everyone who has supported the work of CORE in so many ways.

With your donations, we help kids stay in school to avoid the challenges that can perpetuate a family's poverty. The impact of this program is no dropouts, no child marriage, and no child labor. The students are mostly academically successful and empowered.

Donations to CORE do make a difference in the lives of the people we aim to help!

Thank you as well to all the staff and volunteers of our partner organizations, for your hard work, planning, commitment, and caring for all who are disadvantaged.

Supporting the education of children requires a long-term commitment to impact their education, confidence, and well-being.¹



Making a (+) difference for disadvantaged kids in school!

"Thank you Core International and HIMRIGHTS², without your support I would not have been able to come this far. I hope you continue to support us. I am preparing for school final exam followed by national exam."- Smriti, Grade 8, Manahari

"I would like to thank you from my heart for the scholarship I have had since 3rd grade. I hope Core/ HIMRIGHTS could support us through 12th grade as its hard for our parents to support us. In our class I help my classmates and they help me too."- Asma, Grade 8, Manahari.



¹ A one- or two-year 'project' cannot yield sustainable results.

² By Nepali law, international organizations must work with and through Nepali organizations.

Positive Impacts

When we started this program in 2017, 80 children received support in Makwanpur district. Now, we have 104 receiving these scholarships and educational support that includes admission fees, bag, stationary, uniforms, and tuition.

The overall success comes from the children's own effort and positive aspirations, committed tuition teachers, schools, parents, local representatives, HIMRIGHTS team, and CORE International's continuous support.

Parents, teachers, and local government are impressed with the impact of the program. Parents were happy that their children received everything needed to attend school including food support to ease their burden. The food adds up to over C\$ 4,000 for each distribution. This year we are distributing food three times instead of twice as in the past.

Many families have benefited from small income-generating activities, though a few faced challenges in sustaining them.

Teachers are pleased with the academic progress of the children and additional support provided, including tutorials, which have helped ensure students continue to higher grades.

Tuition teachers appreciated the capacity-building training, which has contributed to improved academic performance and student leadership in extracurricular activities.

The **local governments** value the holistic support and our consistent engagement with children, parents, teachers, and schools. They have been supporting and replicating our work. In the past few years, they have supported scholarships for other marginalized children and provided a meal for grades 1-5.

"Both HIMRIGHTS and Core International have done a great job in supporting most marginalized children. I see the children at the Secondary School as it is adjacent to our municipal office. I would like to thank both organisations. Although the program is small it is doing a great job." - Rajkumar Malla, Chairperson, Raksirang Rural Municipality.

Tuition classes have huge impact

In monitoring field visits, we saw tuition classes help the students in their homework and school life through songs, poetry, and games. Learning becomes fun and exciting. It is hard for children to do homework if their parents cannot read or write. With two tuition teachers per school, they divide the classes into two groups to address their needs.

In the tuition classes, we teach the children

"It's not just the kids who are learning. We have learned so much through this program. We learned so much from Safala mam (teacher trainer), including how to use local materials like stones as props. Now that many children are in higher grades, they need more support for complex subjects."

"As tuition teachers, our capacities have increased too. We learned about many issues like child marriage, labor, climate change, and how to speak with others, including local government officials. We participate in municipal programs too. I have no problem dealing with anyone, I used to be so shy, but now, we are empowered. I would like to continue through next five years and am preparing for the civil service exam." - Rukmani Khanal, Tuition teacher, Manahari



Tuition teachers for two schools

Changes are happening

- 104 Chepang scholarship recipients have increased attendance and excel in educational results of the children.
- 60 scholarship recipients got extra tutorial classes on Science, Math and English to improve their results.
- Students completing and graduating from school – three completed class 12 in 2023 and one in 2024.
- Tuition Teachers teach the children more creatively and interestingly.
- Local government understands Chepang children's issues and problems.
- 104 families have enough food for all their kids, from food support for three times a year.
- Parents who received goats in 2023/24 gave baby goats distributed to new parents; chickens distributed the next year are multiplying; and 20 parents received Ginger and Turmeric for income generation this past year.
- Effective relationships have developed between the children, teachers, their parents, and local government, which now understands Chepang children's issues and problems.
- One young woman, a tuition teacher, has been supported for Bachelors degree in education.

Support from parents



After attending workshops on the importance of education, parents have appreciated and supported the children to go to school regularly and complete their homework. They attend parent teacher meetings annually to discuss their important role as parents and how the children are doing at the schools. Many parents feel the food support we provide has not only helped the student but other children in their families too.

Needs for higher grades

At the start of the program in 2017, we had not anticipated how many of the students would successfully complete 8th grade let alone 10th or 12th grades. Now, 60% are in 8th-12th grades, so our idea of tuition classes needs to evolve. These grades have higher fees and require additional tuition for Science, Math and English.



"My name is Nisha. I have been receiving the support since class 4. I am in class 11th now. I have no obstacles while studying and took extra classes so was able to get first position in exams in the whole school. I want to pursue my career as a nurse in the future. I am currently studying agriculture. I am so thankful."

We now budget extra funds for students who are beyond 8th grade to address their additional needs for stationary, accommodation, and food. Two schools are still basic schools up to 8th grade and one has 9th grade but will add 10th in the next academic year. Only one has up to 12th grade in both municipalities.

Thus, some students must live in the hostel provided by the school and pay for food and accommodation. We are sharing some of the cost of this for six students including the additional tuition fees. For 2025-26 we will be providing extra tuition classes in English, Science and Math for three months for grades 8-12 and for six months for grade 10 (exams) for a total of 60 students.



Income Generation

For income generation, this year the program distributed turmeric and ginger tubers for families to easily grow along the edges of their homestead. Last year, 250 local chickens were distributed to all the families except those 16 families who received goats the previous year. The families can sell eggs, chickens, or baby chicks as a source of income. Those families whose goats have had babies give a baby to a family who has not yet received a goat.

Namche School scholarships support disadvantaged kids

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 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:

- \$190 – food for one disadvantaged student to stay in school for one year
- \$ 390 - scholarship for a child for school for a year
- \$ 2,900 - Pays salaries of four tuition teachers for 4 months

Please check [CORE's website](#), [Facebook](#) or [Instagram](#)

Thank you to ...

- All of you who have [donated](#) in the past 19 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 and advisory members: Jane, Degju, Fionna, Carol, Wally.
- 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. Many of these disasters are the result of excessive rainfall, caused by climate change. Is support to any adaptation measures within the scope of what CORE can do?

There is lots of strategic thinking to do... but so far, we see some ways to proceed for the long term:

- More scholarships for marginalized kids
- Support for kids graduating from Class 12 to find work or further education that will lead to jobs
- Continue support to very poor communities and encourage them to find new livelihoods.

