

INSIDE



2020 / 2021

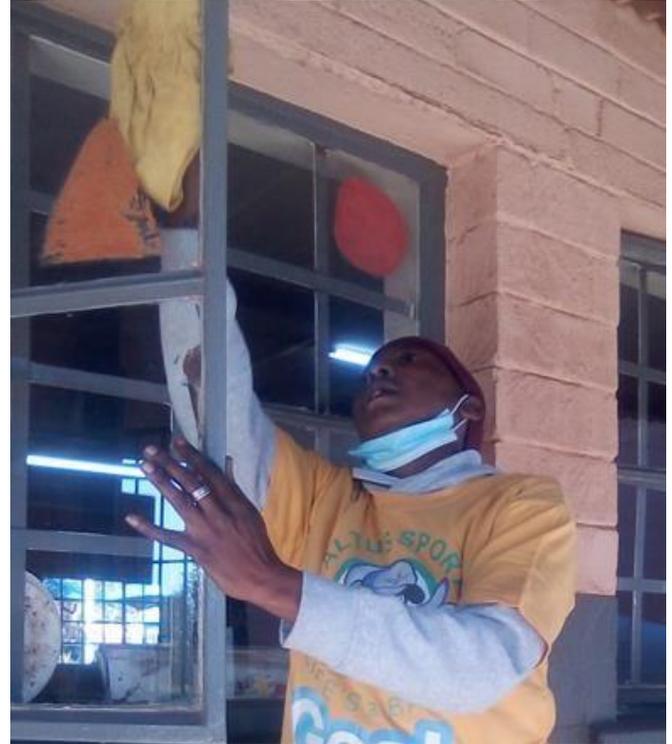
• Hope you enjoyed the visual glance (Annual Report) showing what we were up to in 2020!

It was as seen from the outside!

• With this presentation we would like you to give you a look at the feelings, emotions inside of Altus Sport.

Not compulsory to read, maybe informative / interesting!





Shortened letter from Youth Sport Leader(YSL) Hope Motaung, Lawley Johannesburg

Where does one even begin.....

This lockdown has been hard emotionally...hard is even putting it very mildly. When I joined this program, I was really excited that I had finally found something that will keep me busy and my mind really occupied.

2019 I lost my mom to liver cancer. Soon after her burial I had a miscarriage. As a real rollercoaster ride we started the program. I could say I was finally getting the hang of things, having something to look forward to. I was really enjoying myself, immensely proud that I am finally getting out of my comfort zone. I swear, I am probably one of the shyest people you could come across.... Fast Forward to March when the lockdown was introduced.

I am the only girl amongst my siblings and the eldest granddaughter out of 2. I was raised by my grandparents and asked for hand in marriage while still under their roof. Well like any human being we all dream of starting our own families and finally standing on our own two feet and being independent and the LIFE'S A BALL PROGRAM came at the perfect time, well that's what I initially thought.....the phrase do not count your chickens before they hatched was a real kicker for me I tell you.

Growing up we always hear elders telling us or saying the older you get you see a lot of changes; the person becomes a child all over again. For me and my family that became a reality sooner than we had expected....My grandmother has dementia and it has been really hard seeing her that way.

This lockdown has done some serious damage to me and my self-esteem, I find myself breaking down more the one could ever imagine, having to put on a brave face and a smile every day without shedding any tear is becoming harder.....

I honestly cannot wait to go back, yes I do have my doubts, but I guess at the end of the day we have to continue and actually accept that this is the new normal and our lives have to go on. I'm still waiting for reply from my schools but luckily, I have an appointment again with one of the principals tomorrow.

Experience shared by: YSL Poppy Phirisi from Finetown, Johannesburg

My name is Poppy Phirisi and this year has been the hardest year of my life. I remain silent as I see many people losing their lives due to COVID19. Coronavirus has affected me so much that my plans were destroyed. My wish this year was to go back to school to further my studies to become a social worker. The only positive thing is that I got a job at Altus Sport to become a youth sport leader. My passion is to make a difference in people's lives. Altus Sport has helped me to make a change in a child's life and I am grateful. Mostly I am afraid of dying and leaving my children behind to be orphans.

During this lockdown I helped elderly people by collecting medication for them and making sure they drink their medication each day. I would also go with them to the hospital for check-ups. I also helped at a community project for people living with disabilities by doing paperwork for them.

I am happy that I get to go to school and assist because I love being around children and putting a smile on their faces. I am also excited to teach them more about the virus how it enters the body and how should they protect themselves and their families from COVID19. I assist with screening, sanitizing and social distance. I also put up a poster of awareness for the children to read and understand more about the virus.

The teachers and the principal are very happy that I'm helping them. I'm a hard worker and I always remain positive making sure I'm on time every day. Every child knows me and they are always screaming my name in the street. All I want is to make a difference in my community and see many children achieving their potential goal and I want to die knowing I have made a difference in someone's life.

LETTER FROM YSL CHEVON ESBIE - EERSTERUST

Dear CEO of SOL Foundation

My name is Chevon and I am a leader at Altus Sport. So the first time I began to work for Altus Sport as a leader it was hard to get through to schools, but surely did enjoyed it. It was an amazing experience for me. Meeting new people, learning new techniques from the workshops.

My second year with Altus Sport was also hard but as my leaders higher than me would say “what you put in you get out” and it has worked so far. Eersterust is a very difficult community and the schools even more difficult. The lockdown was a sad situation for me, because everyone was losing there jobs, but by the grace of God we still have ours as Altus Sport leaders. Thank you! Its very hard to get into the school during the lockdown, people are scared. I’m also scared by risking my health and the health of others. But as an Altus Sport leader I so badly would like to see my kids or even go back to school again, but there’s no way they want as to enter the school. Me and my colleague Chandrè went to our schools, we even tried calling the schools to schedule meetings with them to see were we can assist. It also affecting me to loose some interest but I was thinking about community involvement, but access to potential places was a challenge due to lockdown and its policies. I’ve collected unused mask from different people and handed it over to the MCE at the Eersterust clinic because pregnant ladies arrived without masks.

I also trust and believe one day all will fade away because it’s draining us. And also make me loose 40% of hope, But I will never stop loving my job, and the things I do for the kids.

WHAT YOU PUT IN IS WHAT YOU GET OUT IS MY MOTTO FOR THE YEAR.

*Kind Regards
Chevon Esbie*



LETTER FROM YSL BONISISWE JELE – ZOLA, SOWETO

I've been helping in two schools until the one school closed due to the pandemic. It has been great and scary at the same time knowing that I'm helping the kids. Its scary because I committed myself in helping in which ever way possible to help clean, sanitize and control the social distancing not knowing whether I'll contract the disease or not.

Oh 😊 and it was great seeing the kids without any fear in their faces and focused on their studies knowing that we are there to help prevent the spread. It was priceless and I'll keep on doing it, even though sometimes I worry about my own safety but knowing that they are safe its worth it.

I didn't realize how much I missed my girls! It was just so overwhelming seeing them 😞 I wish this Corona virus could end already so we can go back to our kids already. I miss them, because it's been strenuous financially and emotionally.

Physically I'm good I had a lot time for physical exercises!!! 😊

Regards

Bonnie

Excerpt from a letter written by YSL Elda Makhurupetji, Bertrams Johannesburg

Lockdown has been challenging! It affected me mentally and my wellbeing. I had to adapt to a new way of living. I had to create a new routine - challenges such as dealing with existing mental healing struggles, financial worries work-school-home life balance. This pandemic acted as a trigger for several of my anxieties. I had to find a way of accepting that it is really happening. It was all people could talk about and I felt the positive mindset that I had worked hard on flipped away.

But with my family we realised "There is no shame in saying I need help on these lockdown days". I was able to see things a little clearer one day at a time. Then I started waking up earlier to do some workouts to clear my mind and spend a few hours off screen by creating new mind games and get my family to join me on my workouts.

Everyday everyone tells you to get dressed to start your day off. At first, I was a roll out of bed into my second set of PJs kind of person, but the difference it made is huge. Everyone wants to keep in touch over face time and in theory it is lovely to keep in contact, video call but I have found that this can get a bit too much. I find myself too attached to my phone when I do not want to be. I now make sure am honest with my friends and family when I postpone my calls with them. It is okay to say you need a bit of time to yourself. It is also difficult to stay away from each other because it is not natural to most human beings. People in my community felt a bit imprisoned.

Lockdown also affected me financially to the extent that I had to use my savings as the family lost income.

Letter from YSL Kgomotso Mamabolo from Tladi, Johannesburg

This lockdown was a terrible experience to me, because I could not cope due to the fact that I'm such an energetic person, full of life and also outgoing. Since this lockdown started, I forgot about what is important in my life. I used to coach netball for young girls and I am also a captain of my netball team in Soweto. The sick part of this lockdown is that I gained weight and I no longer have access to my gym.

Since I started attending zoom meetings, I have learned a lot. It taught me the valuable things in life such as leadership in terms of crisis and also the value of what as a youth leader we can do during the this pandemic, and also the last meeting that we held with Cassandra I have learned a lot about myself and my wellbeing . I really enjoyed learning about the roles and values that I am playing.

During this lockdown I collected grocery list from the elderly people I am my community and I did shopping for them at Pick n Pay because it's nearby my place.

GOING BACK TO SCHOOL.....

Being back at school has brought so much joy to me, seen the kids made me so happy and joyful again. Firstly, I spoke to the principals and they were super excited that I'm willing to risk my life and assist the schools during this pandemic we are facing as the world. Teachers and learners have accepted me with open arms and not forgetting the kitchen staff members too. Everybody at school were asking me if we are stilling going to have sports again this term.



Letter from YSL Adrian Baker, Ennerdale Johannesburg

Lockdown brought wide scale disruption to living normal and finding a means to feed families.

So, I worked in my community as much as I could. I started off with helping the elderly members of my community by doing their shopping for them. I then started helping at the local community centres where food was been provided for the children of the community.

The lockdown did not only influence me, but the world, and we all are trying our very best to keep positive and get by day by day. Nobody could see this coming and we had to change our lifestyle and mind to survive. So, I have learned to adapt to a new lifestyle. Not being able to work with children in the schools with sports and life skills program has affected not only me but the children I work with, because we are not able to do programs yet. As schools reopened, I went for training on COVID19 with Doctors without Borders. I really learned a lot and the information was vital so that I could teach others.

Unfortunately, in my area I could not return to my schools since there is a high number of people infected and majority of the schools had to be closed. Many teachers, school staff and pupils were infected with the virus. At this point in time I do not know when I will be returning to the schools, but I am in contact with the principals.

LETTER FROM YSL THAMI SIKWEZA – ORLANDO, SOWETO

On the day I became a youth sport leader it didn't seem to be that easy, I was very nervous.

A part of me felt like I'm putting myself in a situation that will backfire if I fail to be consistent in.

Helping young girls achieve their goal with me being a mentor to her. That is when I felt that working at your (kasi) own community isn't that easy, but it takes courage to actually stand up and become one of their role models.

As it became easier and more comfortable LOCKDOWN HAPPENED!!

One of the most frustrating moments in life. When this pandemic started, I was very worried about my little ones. Frustrations were there, I mean not knowing how they are, have they had something to eat?, are they taking care of them self's?, that bothered me. I was emotionally and mentally affected.

Therefore I tried to communicate with one of my students that I know had opened up to me about a situation at home, therefor I tried by all means to find a foundation that can help me assist where I can get a food parcel.

How I feel about returning to school ?hmm this can be a bit tricky cause I have mixed emotion about this pandemic. There's a lot of grey areas so like honestly, Covid has really changed our lives and I feel the Government is doing their best. Specially with updates on what's going on which is very good. The schools opening is a good thing cause kids are just sitting at home doing nothing and missing out on a lot and with the pressure going on now it's too much. I wish them nothing but the best specially the grade 7 and 12's.

Opening of schools was the best decision BUT...on the other hand I also feel like, specially for the schools here in the township and rural areas they don't have proper resources. Having to wake up and be part of the change and helping where I can is very exciting. Seeing the learners trying so hard to keep social distance and having to wash their hands often is one of the best things. I just wish these school can be given all the necessary resources so it can be more easy for them as well. I still feel there is so much that needs to be done by the department and our parents. Another exciting feeling is working with the school teachers to try and bring change, I mean even on days where I feel like no am not coming (andizi) it gives me motivation that I am doing this for the betterment of somebody else's life.

LETTER FROM YSL BASETSANA MATILJA - HAMMANSKRAAL

Since the lockdown of the Corona virus was implemented in our country in March, I have been trying to adjust to the new normal life of always staying home if I have nowhere important to be. I always wear a face mask at all times, especially when I'm in public spaces and I always sanitize my hands, or wash them with warm water and soap frequently.

At first it was hard to adjust to the rules of the lockdown since this pandemic is new to us. It was hard seeing people losing their income and jobs due to companies closing because of the lockdown. I offered my help in the community by giving my time in distributing food parcels to the needy community, and by teaching kids in my community how to protect themselves from this virus. As much as Corona virus is new to us and it's easily contracted, at first, I had mixed emotions about returning to school, fearing for my life /health. I didn't know what to expect and how I was going to deal with the new reality. It took me about a week to adjust and get used to the school environment, because now everything has changed. Learners are no longer allowed to play sports skills like we used to.

I've adjusted to speaking to learners from a distance with our face masks on. It's even quite a challenge for the learners to get used to the new normal because all the fun activities we used to engage in while in groups isn't there anymore.

Even so I've learned to accept that all I have to do is learn how to live with this pandemic by keeping safe because it's going to be with us for some time. The school accepted me only on condition that our organisation was given the go ahead by the Department of Basic Education to send their youth leaders /coaches to help out in schools where they can.

Some parents in the community still question what our role is in this pandemic in schools and that we should return only when this pandemic has died down. Together with the sports coordinator we reassured them that our organisation is there to lend extra helping hands. I'm assisting with screening learners, sanitizing them and also how to maintain social distancing.

Some learners use their face masks to cover their mouths only and not noses. Others complain about how they are suffocating under masks but I have to remind them that it's to protect them from this virus and that it shall pass and that we all shall go back to our normal lives.

LOCKDOWN NOTE FROM YSL CHRISTINA KUTUMELA - MAMELODI



I volunteered in one of the drop-in centres, we gave food parcels to disadvantaged families and cooked for families in the shacks who could not afford to buy food.

I feel a bit relieved because our kids have been sitting at home worried about being left behind and the fear of repeating a grade. At the same time, it is scary because the numbers of people affected is increasing by the day. I also feel it's much better when they are at school because they are better monitored than when they are at home. Right now in my community everyone has forgotten about this illness, kids are all over the place without wearing masks and not being well monitored by parents.

The schools were excited to have me back as they also looked up to us (youth sports leaders) in helping to shape the kids in becoming great responsible leaders. It is amazing how they believe that I can still empower them and keep them fit during this trying times. They enjoy having me around just as much as the kid's love being around me.

Honestly, I was heartbroken because most kids depended on the feeding scheme (food provided at school). Seeing people and families roaming around begging for food affected me so much. Receiving texts from kids in the programme telling how scared they are and some thinking that it's just a scam made me worry and I tried to send info from news and awareness videos received from Altus Sport.

I am cleaning classes, sanitizing classes, taking children temperature in the morning and during break. I make sure kids keep distance and always wear masks. I do exercises for 10 minutes after break.

09 DECEMBER 2020

Hi Sam

Words can never be enough to thank all of u for ur hard work n sleepless nights. I truly am so thankful n I still cant believe our Sponsors went this far for our kids, m so in tears n my phone cant stop bipping n ringing from parents. they truly are thankful and wish nothing but the best for the NGO 🙏🏆 thank you so very much. thank you

14:58

Biggest pleasure 💙❤❤❤

15:01 ✓✓

PARTICIPANTS



When you learn, teach. When you get, give.

Name: Keabetswe

School: FF Rebeiro Primary School

Grade: 6^A

I would like to thank Altus Sport and the goal programme for all the stuff we received. I am so blessed to get so much hygiene stuff that I can use for myself. I am going to share my stuff with my friends and family.

Most of all I was very excited when I saw my bag has pads that I can use more than 2 years because I just started and I used to ask for sanitary pads from my teacher because at home sometimes we don't have and I used unhealthy stuff that can harm my health. Sanitary products are expensive.

2020 was a bad year because we did not attend school and we did not have a chance to learn our life skills with Coach Leko and did not do sports at all. I truly appreciate the efforts that Coach Leko and Altus Sport did by giving us the Coal@Home activity books. The book was helping and I got to learn about staying healthy, goal setting and I know I want to be an artist and my friend says she wants to be a pilot.

At home I stay with my grandmother and my 2 cousins and our aunty. I don't have a mother she passed away when I was 7 years of age that is why I live with my granny.

Staying home was not nice because it is a full house when we all home but I liked it when we played games and knowing each other better I want to help Coach Leko next year and do more sports.

My name is Makeda Mabutho

I am in grade 7 at Balebogeng Primary school

I live in Mamelodi gardens with my mother, my brother, my grand mother and my uncle.

I don't live with my father because he died long time ago

I am an only girl with my elder brother

My mother does not work she is always at home

During the covid 19 time I felt very scared because I thought that I could lose the people that I love.

I was scared because I thought that I can repeat the same grade.

We had enough food at home but I was worried about my friend who rely on the feeding scheme at school

I liked the bag when I saw it and when I opened ^{my} ~~the~~ bag with lots of goodies I felt very happy because things that were in the bag are things that I needed.

Continue next page

The best thing that I loved in the bag was the body spray I used to share ~~with~~ with my brother but now I have a lot of toiletries of my own and I always smell nice.

I felt that Altus Sport did care ~~ab~~ for us especially with the sanitary pads because I have friends whose family can not afford them.

I am going to give Palesa the sanitary pads and body lotion because she needs them and she can use it for 5 years (pads).

I am giving it to her because she is my best friend and we received them before.

I am sad because I can't be in the programme next year but I will tell my friends about the goal programme but I will be back as a GOAL Champion to help other young girls as I was helped. Thank

Thanks to my coach Lesego masisi for believing in us and giving us the opportunity.

Thank you Standard Chartered Bank and Altus Sport.



Borkgantsho

7.7 Ritberg Primary School

Grade 6B

I live in Pretoria (Mamelode west) with my Mother, older sister and second born sister and my brother, I am the least born of my family and we stay with my grandmother. My father passed away before I was born, so my mother is the one that is taking care of us with my grandmother.

My Mother does not work but she sells stuff like fruits and vegs and we get money from grant month end even though it is not enough that is how we get by

During the covid time I felt scared, lonely and I was missing my school mates and teachers. Most of all I was very confused and thought the world was end especially the level 1 lockdown. My Mother could not sell anything because we were not allowed to see people, it was a challenge for my family because we home and the food was not enough for all of us.

Maw and coach leko came + my home to ask me to come to school the next day since I was done writing my exams and when I got to school she gave me my goodbye bag then I opened it I was very happy so much.



My name is Lethabo Chidi and go to Sediba Sa Thuto primary School.

I love sports and it was so bad that we could not play sports but only be bored. It was so nice to learn about cricket because i have never played it. Then the virus made us stop and i did cry.

My backpack is orange and full of hygiene product which i can use for long time.

The best is Sanitary pads which are reusable, body spray which makes me smell nice and toothpaste which makes my teeth nice and my breath to smell good.

Coach Chopper explained to us how the sanitary pads work and i will easily use them and it gives my mother advantage to save money. My parents could not buy toiletries for me as they lost their jobs due to COVID-19. It was hard for me as a girl because i always need toiletries especially sanitary pads. I thank Ultras Ultras Sport for providing me with a lot of essentials.

Coach Chopper made us follow the rules during COVID by wearing masks, social distancing and caring about others.

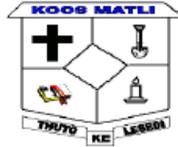
I will share some of the products with my family.



SCHOOLS

KOOS MATLI PRIMARY SCHOOL

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Mamelodi East
0122



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Date: December 2020

Thank you for the Donation: Koos Matli Primary School

Management Team, Teachers and parents of Koos Matli Primary School would like to thank you for your donation.

Our school is situated in Mamelodi East, Pretoria which is a predominantly black people township. Our school is a no-school-fees-paying-school because we accommodate more than 75% of the children from disadvantage background and recipients of the social grants with over 90% of the parents being unemployed.

We really appreciate the gesture. STAY SAFE AND STAY ALIVE. GOD BLESS YOU!!

Yours in School

INS MOGALE/ D MAPHETO
071 504 3323

To: whom it may concern

To Alta sport and partners, we as Zakhele Primary School we would love to send our gratitude to you, our learners appreciate your hand of extension in their corner of need. May you continue with your good hand to our school.

May your tents be enlarged to do more for our learners.

Teacher signature

Principal signature



2021

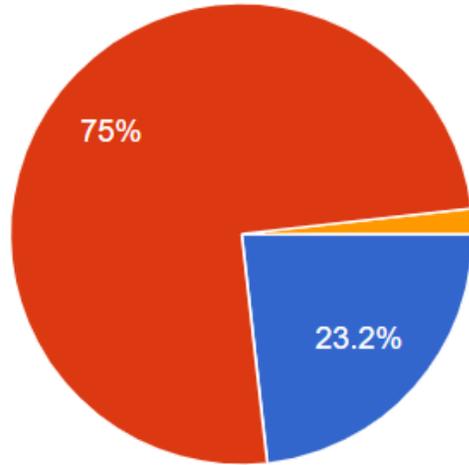
South Africa is confronted with a new strain and a second wave which increased our infection rate from 925 in mid-November to 22 000 on the 10th of January 2021.

We are currently in the eye of the storm, and the plans made end of 2020 obviously had to be adapted! As Altus Sport is not the only role player, we will depend heavily on the cooperation of each school and the creativity of our Youth Sport Leaders.

To test the resilient and emotional levels of our Youth Sport Leaders, Altus Sport conducted a survey to gather information.

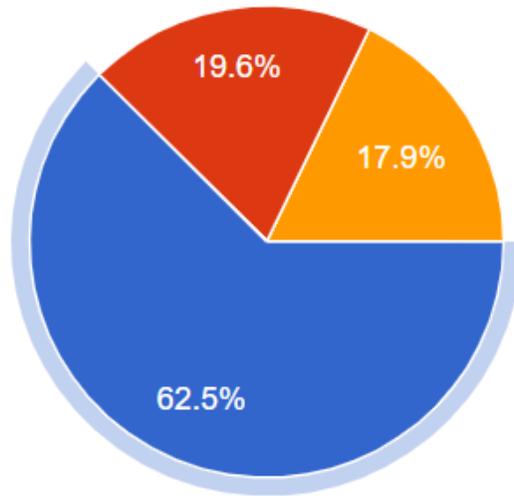
56 responses from the current 58 youth sport leaders

Are you male, female, other?



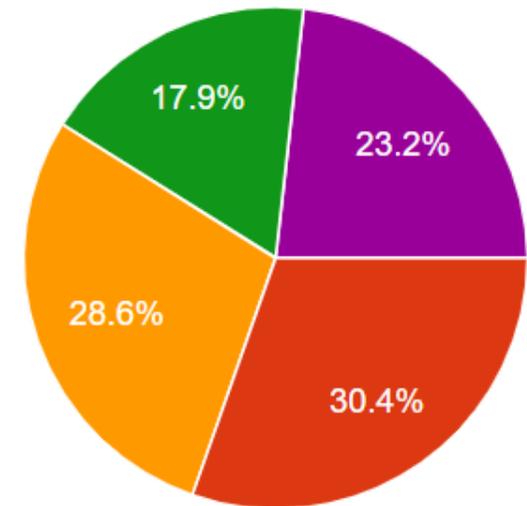
- Male
- Female
- Other

Do you do any physical activity?



- I do physical activity (walk/dance/stretch/gym)
- I play sports
- I encourage physical activity/sport

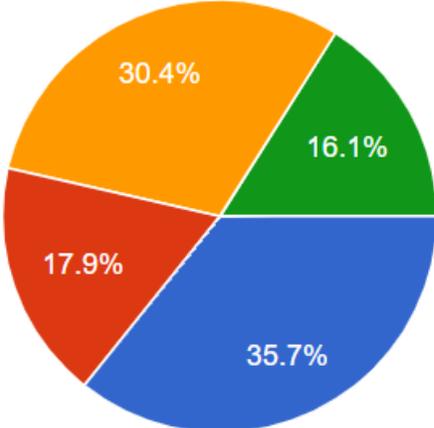
- 0 - 3 months
- 4 months - 1 year
- 1 - 2 years
- 3 - 4 years
- Over 5 years



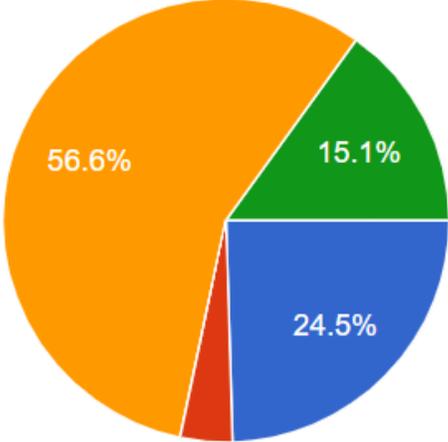
How long have you been with ALTUS SPORT?

HOW ARE YOU FEELING TODAY REGARDING THE COVID-19 SITUATION?

I feel isolated

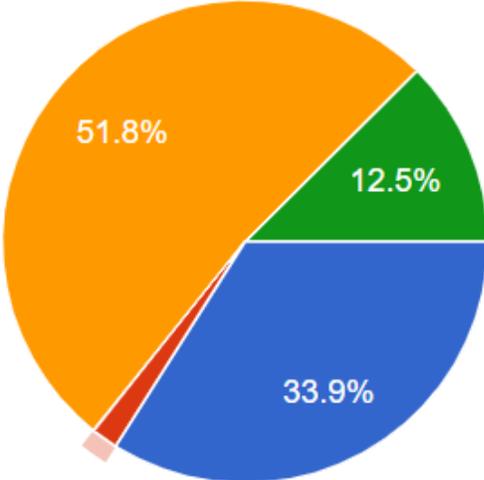


I feel frustrated

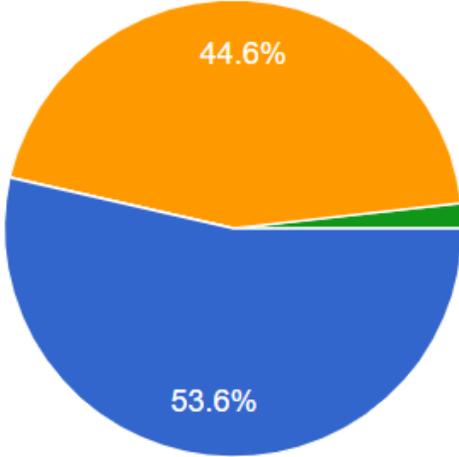


- Not at all
- Unsure
- Sometimes
- Very much

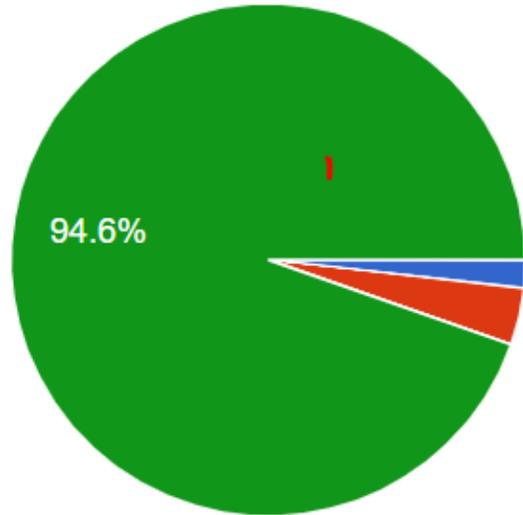
I feel emotionally low



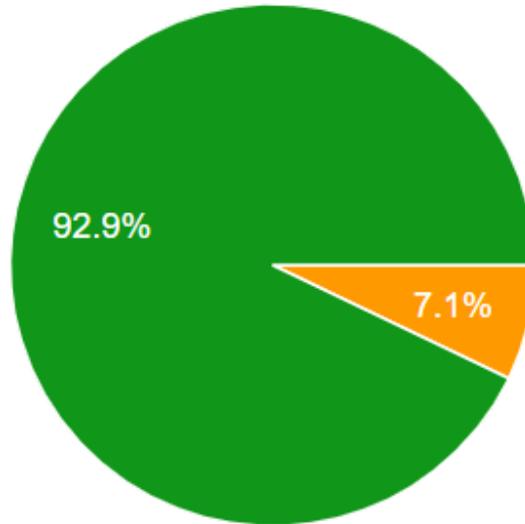
My energy levels are low



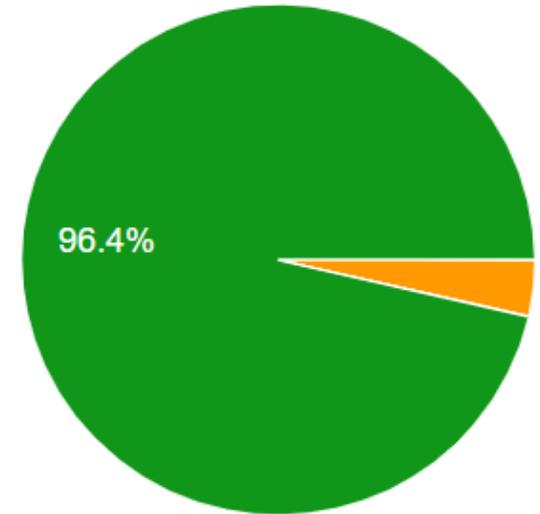
I feel lucky/thankful to be healthy



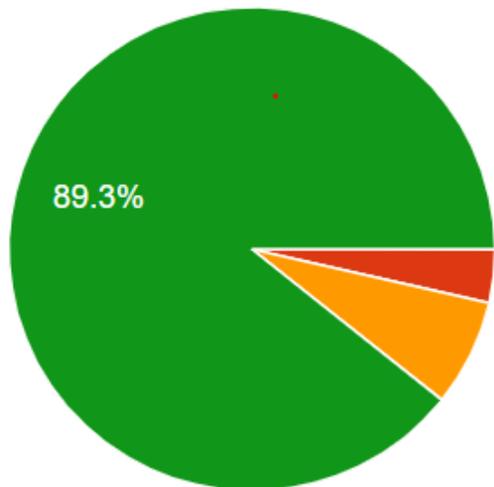
I am positive about life



I have a purpose in life

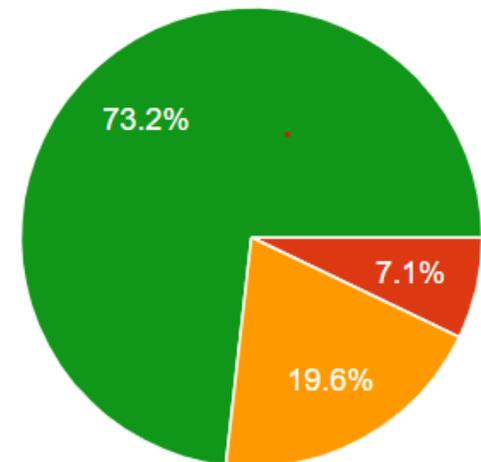


I am aware of my own strengths



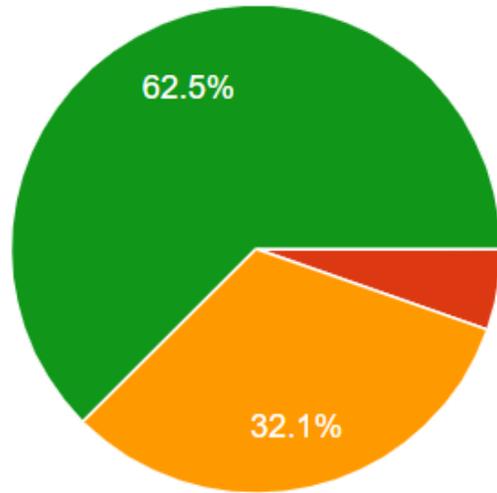
- Not at all
- Unsure
- Sometimes
- Very much

My family stands with me during difficult times

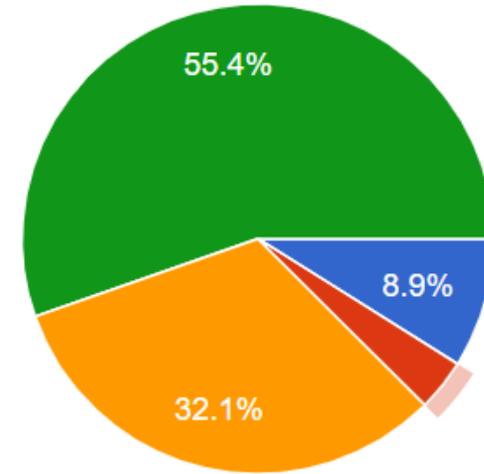


HOW DID COVID-19 AFFECT YOU AS YOUTH SPORT LEADER

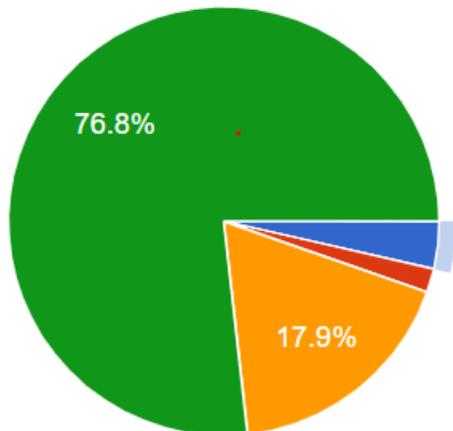
I could use my training to assist others



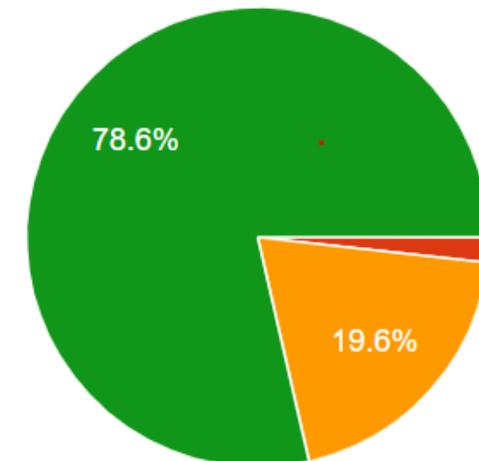
Other YSL assisted me



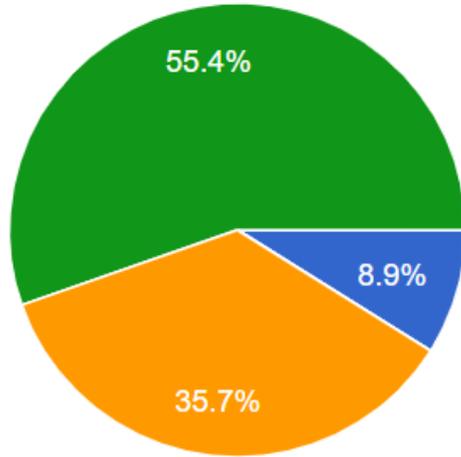
I could do other tasks in my community



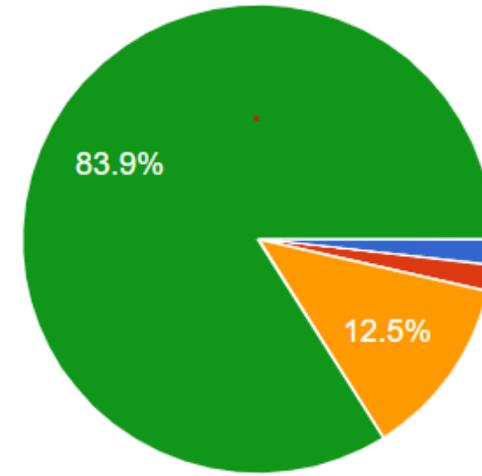
I got encouragement from Altus Sport



I could keep in contact with my participants

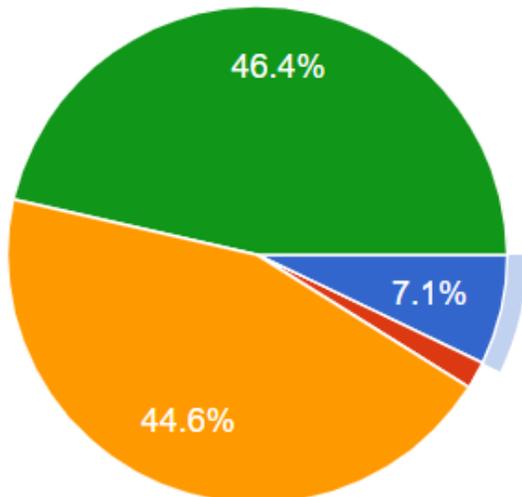


I could motivate participants

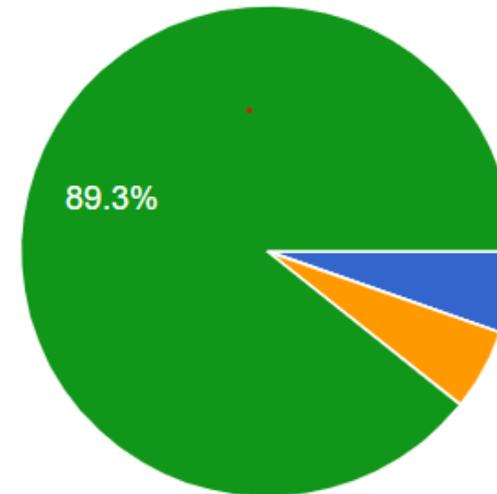


- Not at all
- Unsure
- Sometimes
- Very much

I have/had enough food to eat each day

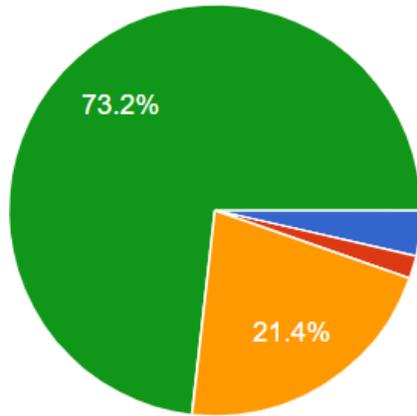


I know where to go for specific help (GBV)

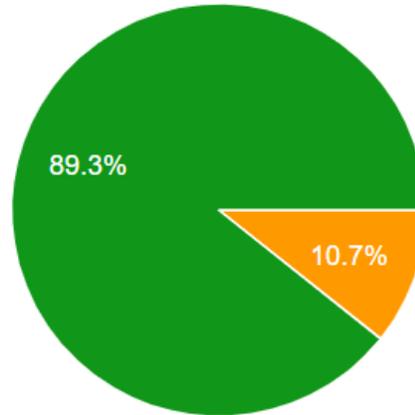


COPYING ABILITIES UNDER NORMAL CIRCUMSTANCES

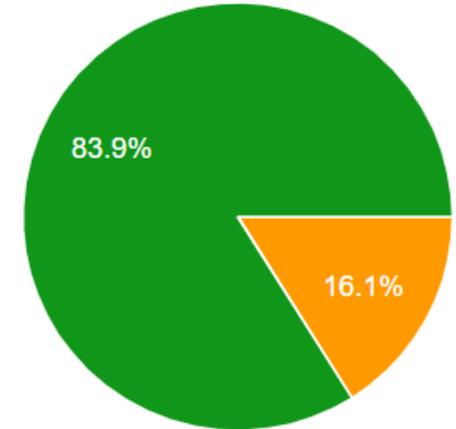
I keep myself from feeling low



I talk positively to myself

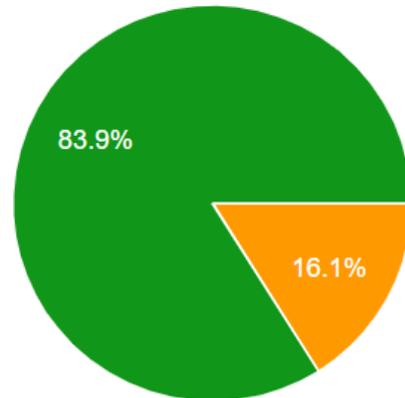


I know the difference between what I can change or not change in my life

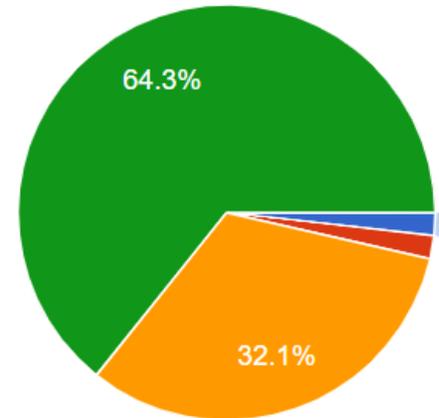


- Not at all
- Unsure
- Sometimes
- Very much

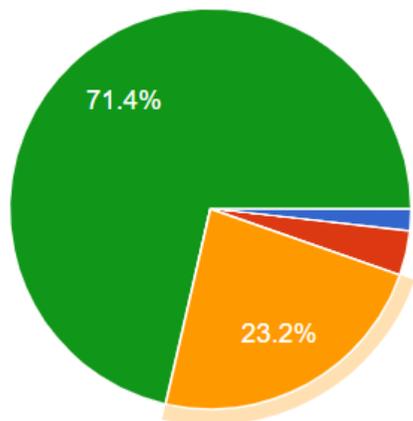
I try to finish what I start



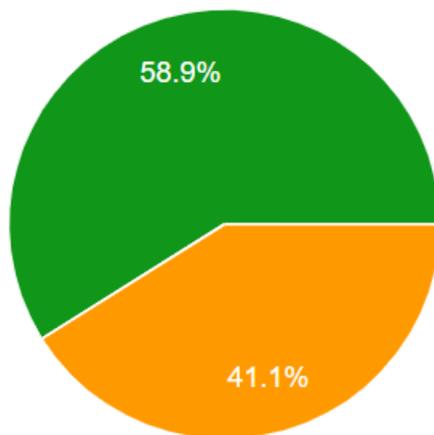
I can take my mind off unpleasant thoughts



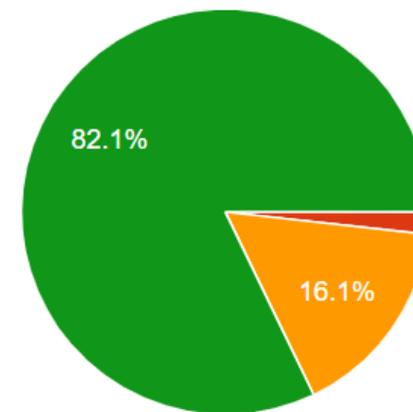
I look for something good in a negative situation



I see other peoples view during an argument

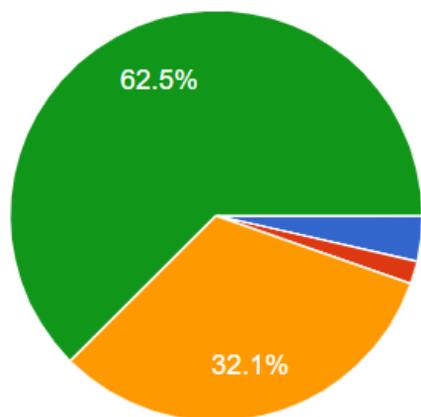


I try other solutions if my plan does not work

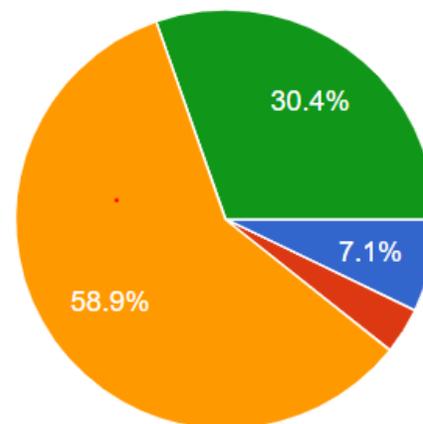


- Not at all
- Unsure
- Sometimes
- Very much

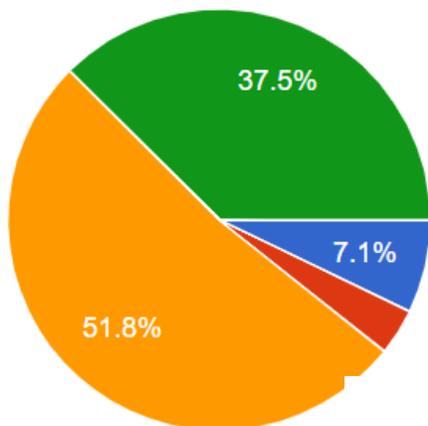
I make new friends easily



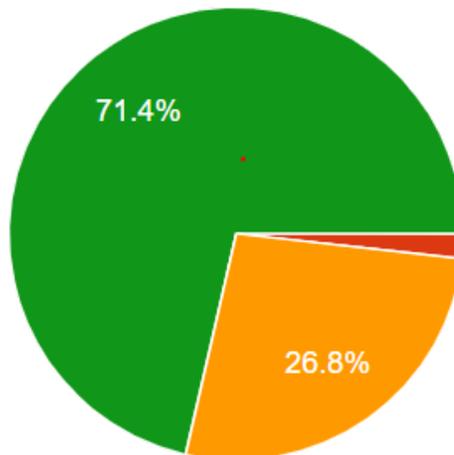
I get friends to help me with things I need



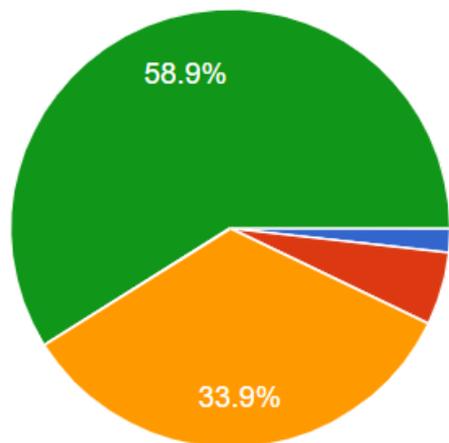
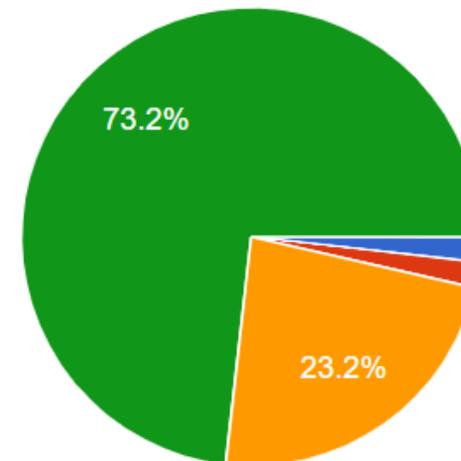
I think of one part of a problem at a time



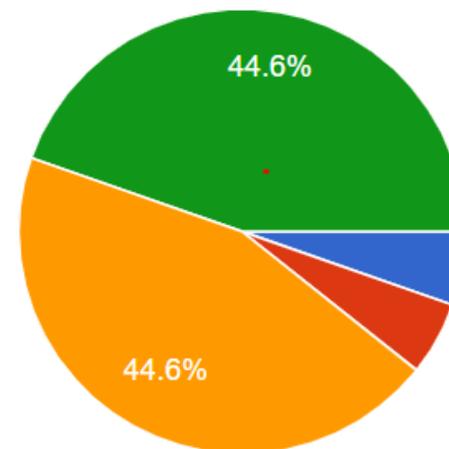
I can think of a pleasant place or activity easily



I keep myself from feeling lonely



I get emotional support from peer coaches

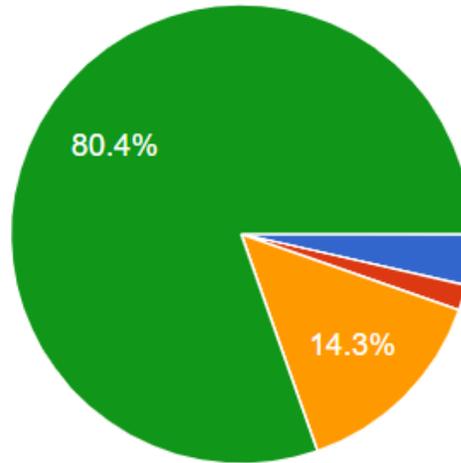


I get emotional support from community organisations (church, school)

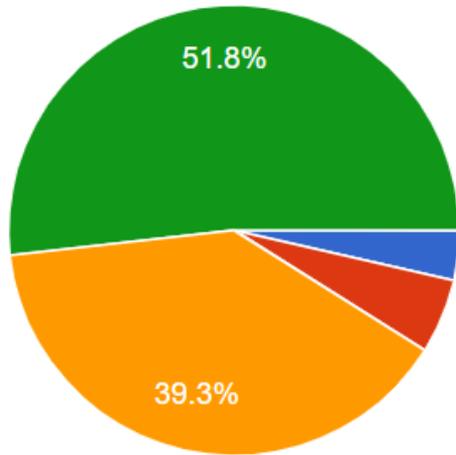
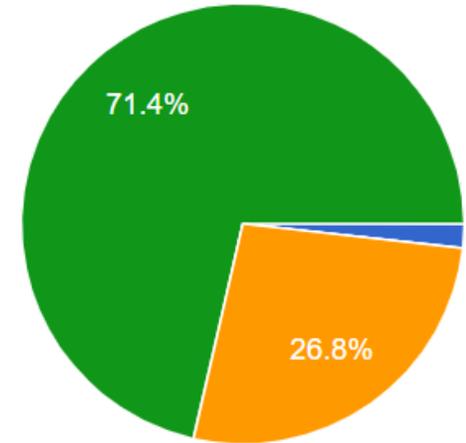
- Not at all
- Unsure
- Sometimes
- Very much

- Not at all
- Unsure
- Sometimes
- Very much

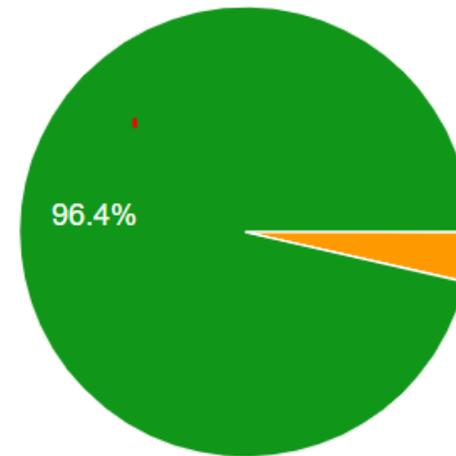
I do not give up when I fail a task



I accept criticism from others in a good way



I am open about my feelings

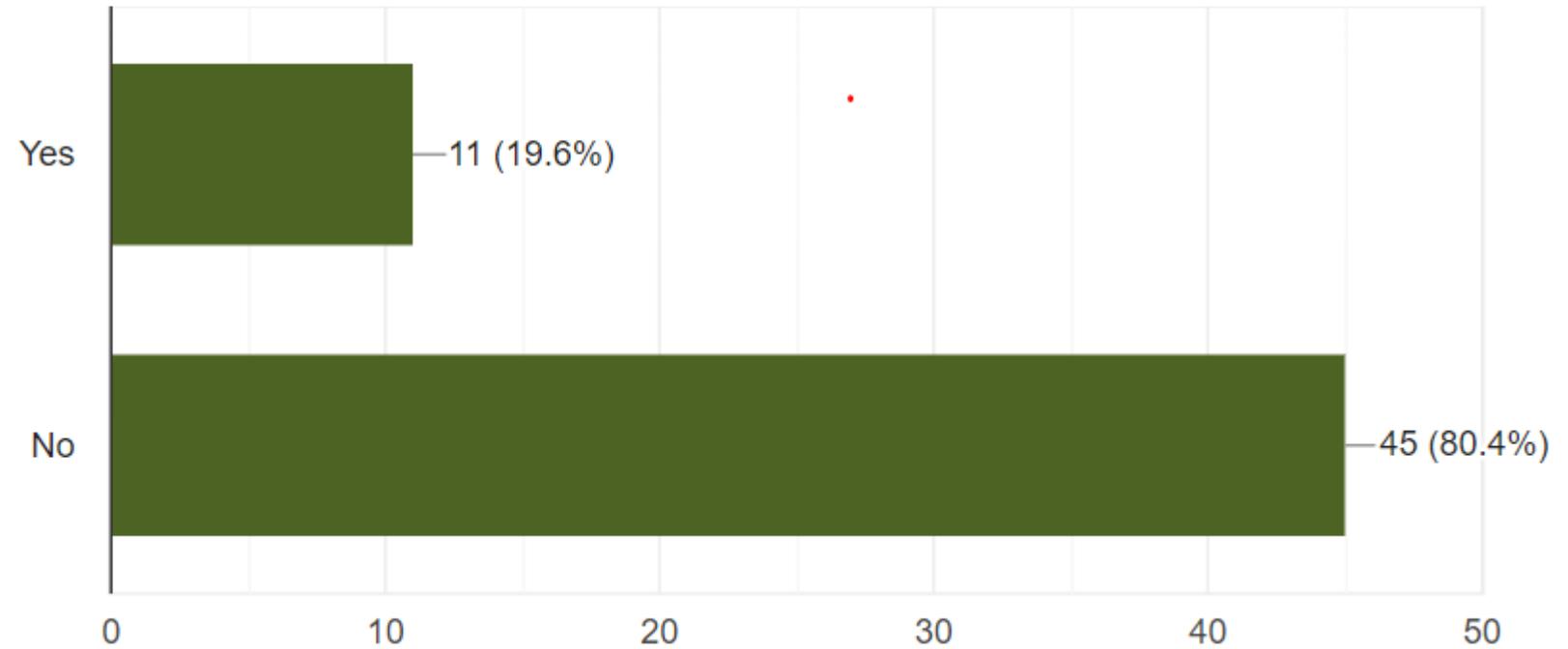


I have the opportunity to show I can act responsible

GENERAL

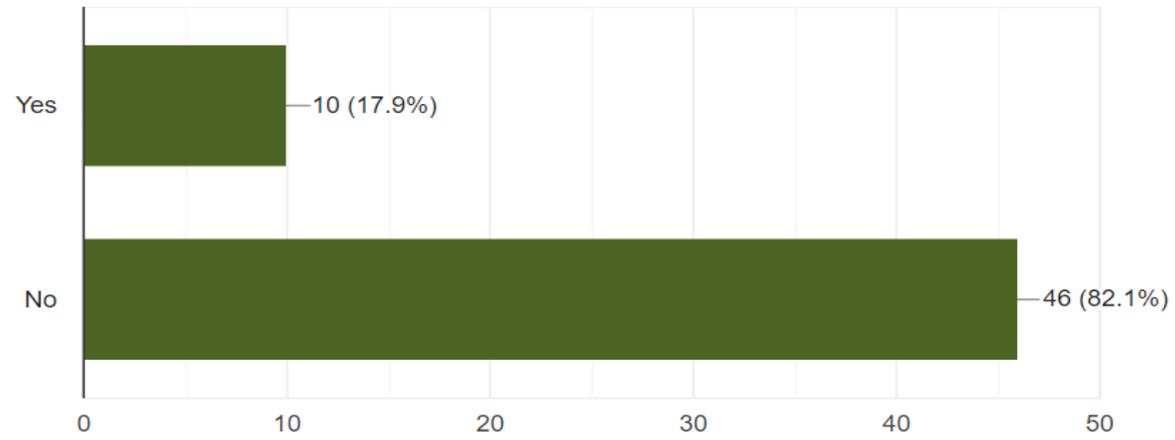
I have lost a close family member to Covid19

56 responses



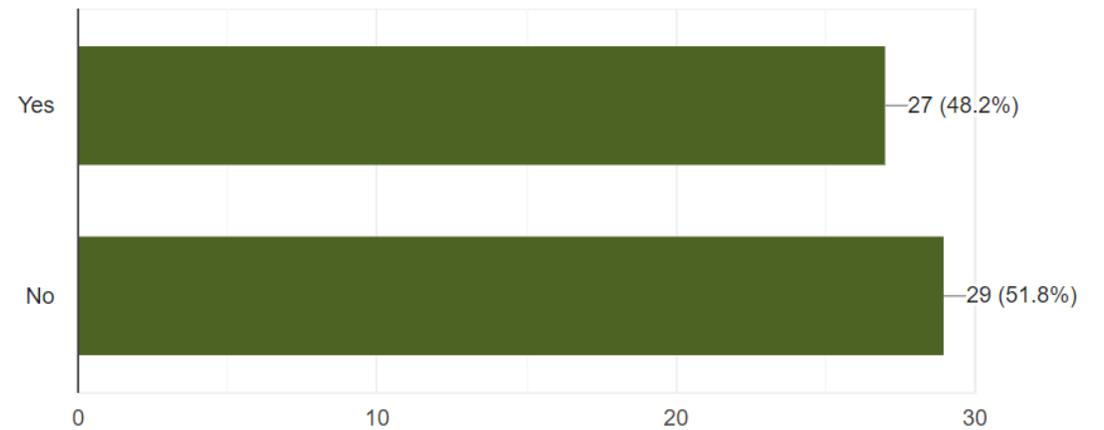
I have lost a close friend member to Covid19

56 responses

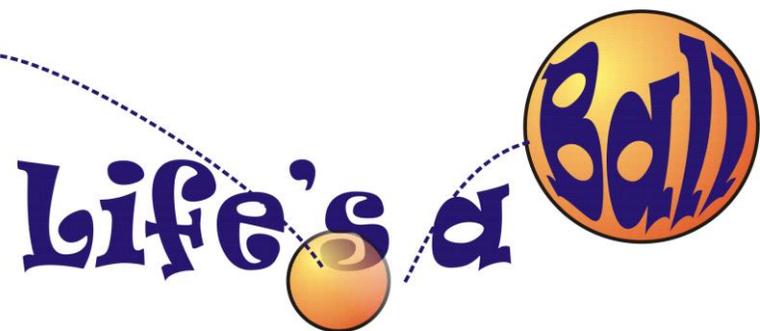


I have lost someone I personally know to Covid19

56 responses



In the survey each YSL made suggestions on how she/he would implement the programme this year.



**THANKS TO ALL OUR PARTNERS FOR
YOUR ASSISTANCE AND SUPPORT!**



Taking their suggestions into account and after our zoom workshop on the 18th of January, the following implementation plan was agreed on:

- Implementation would be more community than school based.
- Sessions depended on creativity of each YSL.
- Each YSL to reach at least 100 participants per week.
- No 2-hour sessions – maybe 4 contact sessions per day with 5 kids each = 20 kids x 5 days = 100.
- No new sport specific activity – physical activity as see possible by the YSL .
- Each participant to receive an activity booklet and writing pad to stay in line with the original curriculum
- During contact time the participants would show the activities done at home and discuss content for the next week.
- Activity booklet would encourage physical activity as well as motivate the participants to include family members in the activities.
- At schools receiving a veggie garden a core group of girls will be selected to assist with this additional project.