



## HERD Trust Community Development Project

Given the importance of community involvement and improvement, HERD Trust has undertaken an all-inclusive community development project at Mpisi Primary and Secondary School. HERD is part of an ongoing partnership with Mpisi Primary School which is located just a short distance from the orphanage in Hoedspruit.

The school has roughly 800 learners from Grade R – Grade 4, while the high school, with Grades 5 – 7, has 1 400 learners. The teachers of this very special school are dedicated to inspiring a passion for conservation, as well as community development projects that we are incredibly proud to be part of.

In total, we have reached 102 children at Mpisi thus far and look forward to spreading the word about elephant conservation and anti-poaching awareness.

For this GlobalGiving project, we aim to focus more on our nutrition project and Scouts' roll-out for the Mpisi learners.

This multi-faceted project involves rolling out an extracurricular educational programme, through Scouts South Africa alongside a nutrition project with Nkosi Protein Bar and a sustainable vegetable garden. Through this project, HERD aims to improve both the mental and physical well-being of the pupils.

During early childhood, some of the most critical physical and cognitive development takes place, often charting the course for the rest of the individual's development. Before the Covid-19 pandemic, 1 in 3 children in South Africa suffered from malnutrition, and that number has grown since the pandemic. That is why it is important that HERD Trust gets more involved in a community nutrition uplifting project.

## Vegetable Garden

The vegetable garden at Mpisi will be constructed as the first project for 2022. Given that the children are provided lunch at school, the garden presents an opportunity to grow healthy food to add to the existing rations of the school.

We will work together with the school to develop the garden, as part of our own sustainable development goals at HERD, in which we aim to help make an impact in our local community by implementing life-changing initiatives that can be easily maintained on an ongoing basis.

The vegetable garden also presents a valuable learning opportunity for the pupils to gain important skills in sustenance farming. The gardens will be constructed using reused materials that do not have an end-of-life strategy. This also adds another learning aspect to the garden, reusing of relatively single use items, such as tires, sustainable farming methods and rainwater used from the school's rain harvested borehole. The vegetable garden will consist of tomatoes, beetroot, spinach, cabbage, and plenty more crops that the learners will all benefit from.

Through the vegetable garden, we hope to educate the pupils and through the pupils, reach the parents. The children can apply these skills at home and a valuable transfer of skills can take place from children to parents.



## Nkosi Protein Bar

Nkosi Bars are the second aspect of our project, chosen to further supplement the Vegetable Garden Project. This supplementary bar contains essential macro nutrients crucial for the development of children under the age of 6.

One Nkosi Bar contains vital macro nutrients such as 24g of protein – equivalent to two chicken wings, 28g of carbs – equivalent to two cobs on the cob and 11g of healthy fats – equivalent to one quarter of an avocado. Initially the project will start with Grade R (children below the age of 6 Years), consisting of 150 pupils.

The pupils will be weighed before the programme starts, to establish a baseline to determine the effectiveness of the bar going forward. The pupils can then be weighed every 3 months, to determine the impact and effectiveness of the Nkosi Bar. Close collaboration between HERD Trust and Mpisi Headmaster, Never Nthane will be necessary to ensure the project is carried out successfully.



## The Scouts Programme

At Mpisi School, the school day ends between 12H00 and 14H00, leaving room for extracurricular activities that can add value to children's lives and help to shape a solid foundation for the future.

The World Organization of the Scouts Movement was started by Robert Baden-Powell in the United Kingdom in 1907 and rapidly spread to South Africa. Scouts focuses on personal development and growth on an individual level, guiding candidates to become the best version of themselves.

Learners at Mpisi will earn badges by completing tasks, tasks that relate to community work, environment work and interpersonal activities between members. These badges earned are worn by pupils on a banner over their school uniform. Pupils can progress through the Scouts chart and earn badges through activities that are increasingly complex.

Scouts' pupils at the school will also have a single handbook, depending on their level within the programme. These handbooks contain the activities that need to be completed to earn the badges.

The Community Nutrition Project and Scouts Programme act as a solid foundation for development that can easily be copied at other schools and communities in the future. We at HERD Trust believe that the project adds value to the community and aligns firmly with our values.

HERD will only facilitate the Scouts Programme, which will be run by the teachers at Mpisi School together with parents, to ensure long-term success. With the Scout Programme, the aim is for students to gain academic skills, self-confidence, leadership skills, conservation skills, sustainability skills and how to protect not only elephants, but wildlife as a whole.

