

Update on Cabezas

This is an update about life in the area of Cabezas, as seen through the eyes of the children and families who live there. Cabezas is made up of various communities and the situation and the activities described are representative of the area as a whole.

The children, adolescents and adults who participated in Plan-facilitated projects met to discuss their experiences, which we share with you in this document.

Improving our children's education...

We help to develop basic competencies, values and attitudes in primary school children, as a way of ensuring fulfilment of their right to quality education. In this way we help to guarantee integrated and contextualised education, using activities, inputs and processes that raise educational quality, and improve classroom pedagogy. This also strengthens the participative management capacities of communities and organisations, providing them with adequate management tools.

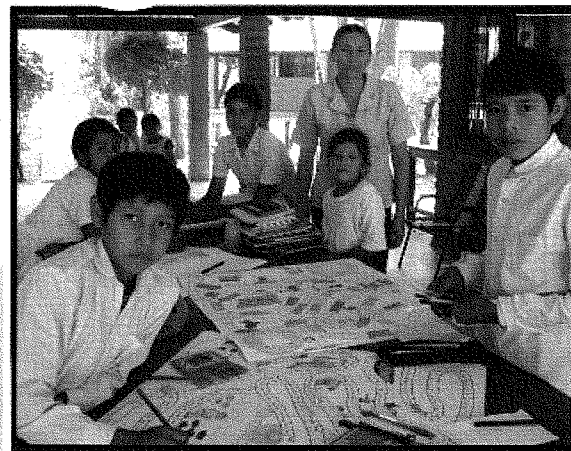


Girls and boys learn in the school garden

*"The Quality Schools project has helped us to study in a more unified way, looking out for children's rights and for a better future. They trained the young people here and we then cascaded that workshop down to the students and their parents... and now the parents are supporting us! The whole area should find out about the things that we can do and should know that we are not just the future – we are the present!" **Yamil, 12***

*"The level of education is better now: before, when there were no training workshops, the teachers didn't teach us very well. But now, thanks to this, we have better education. Another aspect of the project is that they have helped children and leaders to design the school newspaper project that we are doing now. The communities are being supported with other projects, like school gardens." **Doris, 14***

*"The project is called Quality Schools Through it we have been able to work in a more integrated way with three types of participants: students, teachers and parents. There are many things that we already knew, but now we have become aware of the importance of school in developing our community." **Crecencia, 35***

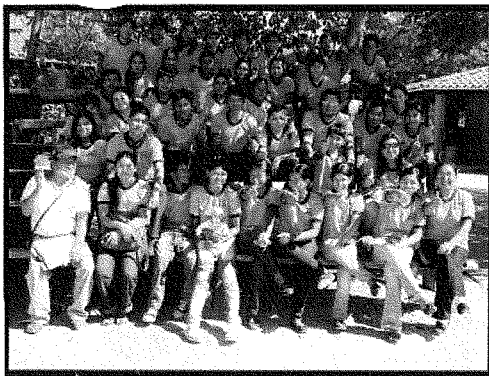


Boys and girls learning with attractive material and the support of their teacher

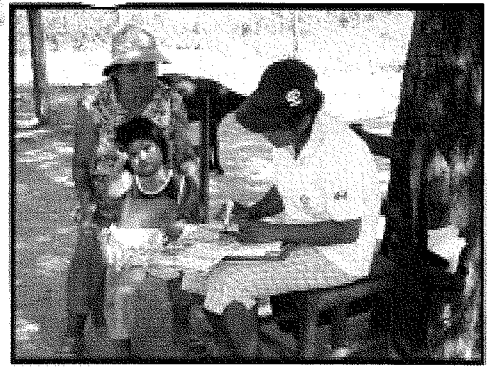
Health – the right of everyone...

We are working to diminish the risk of disease and death from preventable illnesses in children under 5 and pregnant women. At the same time we are promoting that they exercise their right to health and better healthcare attention and practices in the home and local healthcare centres. This is being done through the strategy entitled Integrated Management of Childhood Illnesses, with participation from children, adolescents, mothers, fathers, schoolteachers, community health agents, healthcare workers community authorities, municipal governments and social networks.

"We have been given training courses to improve children's health. There were mothers that only took their children in after 7 months or when they were sick, but we have been insistent and have tried to give incentives to the mothers for taking their children to medical check-ups. Now, when you go to a house, you can tell that not a month has gone by since they last took their children to the doctor's; now they can see the consequences and even take hygiene recommendations into account. The project has helped me a lot, because I am a parent, too. I've learned a lot from the training and I use it in my own family." **Ronald, 26**



Youth health volunteers



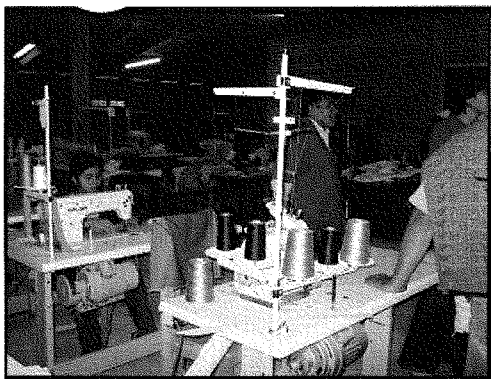
Health volunteer visiting a family

"We participate in the project through its activities, like acting out dramas about diseases, drawing, painting murals and doing puppet shows with students and teachers. We learned to take care of pregnant women and children under 5. And if children participate in these workshops, they can also help pregnant women and teach other people, too." **Integrated Health Leaders from 5th to 8th grades**

Cabezas Boarding School – a place for

young people ...

This project is in its second phase, and is contributing to children adolescents and youths having appropriate places to receive vocational-humanistic training to give them opportunities to take part in their communities' development.



Sewing and tailoring workshop

"We have taken carving classes that they've come here to teach, even a marketing course. There have been both theory and practical workshops. These activities are very important because they are educating us. For example, regarding marketing we have this idea of putting together and institute here with subjects like agriculture, agronomy, sewing and tailoring, and beekeeping and that will allow us to manage the products we will produce in the future." **Vicenta, María Luz, Andy, Mario (boarding school students)**

The priorities for next year are focussed on creating arenas for teachers to improve their pedagogical skills and thus give children access to even more quality education.

This document was reviewed and edited by Plan staff

An update on Maura and her family

Greetings from Plan Bolivia! Today we would like to let you know about possible changes in the life of Maura and about projects which took place in the neighbourhood of where the family lives.

Sponsored child

Name: Maura Rodas O.

Age: 14 years old

Area: Cabezas

Sponsor

Sponsor Name: Prinses Marijke School

Country: Netherlands

Maura's family

There have been no changes to Maura's family.

Schooling

Maura attends primary school.

It takes less than 30 minutes to reach school.

Health

According to the family, Maura has been healthy and not suffered from any serious illness.

The nearest health facility is about 30 minutes away.

Projects

In the area where Maura lives, families participated in or benefited from:

- Training for community health workers
- Provision of health educational materials
- Activities to raise awareness of the importance of education
- Improving and developing national policies to support children and their rights
- Promoting registration and issuance of birth certificates for children

Learn more

Please see the attached update prepared with children and families to learn more about projects in the wider area.

The information on Maura, and her family was collected by:

Carla Lorena Tatuka
community volunteer

(10K)

Please continue to correspond with Maura and her family. Be sure to use your sponsor and child correspondence numbers in all communications.

