



A sound mind comes from a sound body which is possible through the intake of healthy food, exercise, and personal hygienic practices. For children, they follow their own behaviour and standard from what they have been taught or what they have learnt from others.

For many at Tereo School, personal hygiene is not taught

at home. In addition, learners do not always have access to flushing toilets or running water.

*Practicing personal hygiene helps a child to feel good about themselves, which is important for mental health. Poor health among school children is often the result of inadequate sanitary knowledge and the health benefits of personal hygiene. (WHO 2017)*



As part of our drive to make a difference to our learners, the teachers and support staff at Tereo are often the people who teach learners personal hygiene habits including how to use a flushing toilet, wipe their bum, brush teeth, cut nails, use a dust bin, wash hands effectively, etc.

We even go so far as to cut hair for those learners who cannot afford to do so.

**Ensuring personal dignity** - As part of our programme to ensure dignity we try to provide each learner with a set of panties or underpants. We also try to provide our young girls going through puberty, with a set of bras (see example) and sanitary pads, which is often beyond the financial means of their families.



## How can you help?

As we come to the end of the year and start preparing for the Christmas holidays and 2024, we need to replenish our reserves so that we have the necessary items to teach our new learners these essential personal hygiene skills.

### We need:

- Toothbrushes and Toothpaste
- Face cloths
- Panties for girls (ages 6 – 14)
- Bras (ages 12 – 14)
- Sanitary Pads
- Under pants for boys (ages 6 – 14)
- Socks for boys and girls (ages 6 – 14)
- Soap and roll on deodorant.
- Shampoo
- Hairbrush or comb

**If you would like to make a donation, you can drop items off at the school or give us a call on 021 851 4005 or 082 678 9077 and we will gladly collect from you, or you can donate using our GivenGain platform, SnapScan or Zapper**

**To drop off - We are located at 91 Victoria Road, Somerset West (next to the License Department)**

**Any donation made is fully tax deductible.**

**A Christmas blessing** - As we near Christmas and prepare for that special time of year, many of our learners will not receive a gift. If you would like to include a little something extra, we will make sure the most deserving of our learners receive your blessings.

- Colouring books
- Crayons
- A small toy (ages 6 – 14)
- A reading book (ages 6 – 14)



**Any donation will make a difference to ensure that our goal of breaking the cycle of poverty through education is achieved.**

**EFT PAYMENTS:**

*Account name:* **Tereo Project**  
*Bank:* **First National Bank**  
*Account number:* **62009313339**  
*Branch name:* **Helderberg**  
*Branch code:* **271344**  
*Swift code:* **FIRZAJJ**



**zapper™**

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**Thank you and God bless until next time!**

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