

# LORETO DHARAMTALA RAINBOW HOME (LDH) NEWSLETTER

(December 2017 to May 2018)

---

Greetings from Loreto Dharamtala Rainbow Home! We present you with an insight to our world at 169, Lenin Sarani, Kolkata – 13, Loreto Day School, Dharamtala.

---





## 1. GENERAL STATUS OF THE CHILDREN

- ***Children Status***

- In Dharamtala Rainbow home there are 68 children. During this period 5 children got admission in Rainbow, they are Pinky Chongder, Menoka Sarder, Srabonti Shikari, Purnima Shikari, Papiya Das.

## 2. ACTIVITIES

- **NUTRITION CARE**

- Children can get a healthy health if they get nutritious foods. When we start to make the menu we always think about their good health. Every 3 months interval we are change our food menu. During this period we provided 3 times Fish, 3 times Eggs, 3times Fruits , Ghee and milk in every day. On Sunday children are having Chicken curry and Mango Chatni. Children had 2 Singaras and Egg roll once in a week. Special day (occasion time) we provided to the children Chilli Chicken , fried rice and Biryani with Salad. They were even given a special chaat preparation made of kaccha chola (sprouted gram) with potatoes, tomatoes, coriander and chat masala which at present has become the most favourite of all dishes given to them. The best part is that the children are allowed to participate in making the chaat as per their choice of chillies and tamarind.



In our home we have only one child Sonia Gomostha who is Malnourished. Everyone is looked after with lots of care, specially the smaller children so that they thoroughly enjoy their meals and don't waste food. Sick children and malnourished children are getting chicken soup, extra eggs, Masur dal with soyabean, seasonal fruits and Ghee.

The food committee comprising of the rainbow children along with the housemothers prepare the menu chart and it is changed every three months. Food committee are doing their respective duty very sincerely.

- **HEALTH**

- During this period 27 children got malaria , they got proper treatment & now they all are fine.
- The hygiene and cleanliness of the children has been specially looked into this time with proper care taken to keep their dormitory, toilets and play areas being made clean from dirt and mosquitoes. Regular attention was paid to ensure the children washed themselves regularly which has significantly reduced the number of skin infection cases among the children.
- Mosquito repellent spray and liquids have been used for extra protection. The rooms have also been sprayed by professional /hired pest control people to prevent the growth of bugs and insects.
- The housemothers too have been spoken to and requested to keep the kitchen areas clean and maintain health and hygiene conditions when cooking and serving food. The dust bins have also been provided with liners to carry and dispose off garbage cleanly.
- Month of January'18, Smile Foundation had organized a health camp like Mantu test, Blood group test for our children. One doctor came for checkups to every the children and children got free medicine from them.



- **EDUCATION**

Education is one of the most important means for a better growth prospect and future career and a young age is perfect for them to start learning. All children except for three who is the youngest below school going age, all of the others are studying in various schools and like Baptist, Lee Memorial, Loreto, Girindra Balika Vidyalaya, Entally Hindu Balika Vidyalaya.

- We have 9 children who are in Bridge course to be Mainstreamed.



- We have 1 child promoted from class X and 5 children promoted to class XII and 2 girls who are going for vocational training. One from N.S.H.M and another from Kolkata Mary Word Social Centre.
- We are having 5 teachers. Among them 2 teachers are new, one is recruited from home and another is recruited from rainbow Future group, they all are teaching various subjects along with 1 Education Coordinator who monitors the academic progress and development of all the students. She held Monthly meetings with teachers and together built up methodologies to teach children so as to make them understand and grasp better. The teachers also take active interest giving valuable advice for better books and teaching aids. They have also been instructed to give detailed feedbacks of the developments and drawbacks of all children.
- Very recent Vumi (Volunteer) started remedial classes for 1- 4 standard children on every Saturday. They are very helpful, friendly nature and teaching techniques are deferent. Children love to attend their classes.
- In a month for 4 Fridays remedial teachers are taking examinations. Those who will get good marks in the Dainik Sobha will be rewarded from us. Even those who are very regular in Remedial class are also getting small tokens from the home. We always encourage the children to get good results.



One of our girl who is studying in a reputed school she is very clever and intelligent but she doesn't want to stay at Rainbow. So she disturbs others, not doing her studies and she failed. She was happy but we did not send her home as a correction. Now she is improving a lot in her studies and not getting any complaints from the school so we rewarded her in our Dainik Sabha and finally now she is spending her vacation with her beloved ones.



## • LIFE SKILLS

- Children got one session on 28<sup>th</sup> of April'18.
- The session topic is Salad making.
- Children who participated in this session, taught their bounding sisters the same session. This session was most colorful because children were using vegetables to make the salad not only that they decorated so well. Through this session teachers came to know children capability and creativity.
- Children cut the vegetables by themselves. This was a group work. Through this session children understood that if they well as a group / team work then these work becomes easier, faster and effective. Home teachers and volunteer Vumi also participated in this training and they helped the children by giving them ideas like how to make it more attractive and beautiful.
- Our Counsellor Ms. Sarita Agarwal guides and helps our children build up a strong mental attitude to bring the best out of themselves and cope with the many difficulties of life.
- Volunteer Vumi takes life skill classes every Saturday with big girls.



### • EXTRA CURRICULAR ACTIVITIES

- “All work and no play makes jack a dull boy!”. As rightly said so, the children here at Loreto Dharamtala Rainbow Home are very active and enjoy their extra curricular activities a lot. Be it Karate lessons, dancing lessons, art and craft time or just playing around it is enjoyed by everyone. All girls take active participation in all events and games very enthusiastically.



The girls are also very excited in learning dancing and playing instruments. We have a music teacher who comes regularly and helps them learn the keyboard and singing. Craftwork is also something which attracts the children a lot, specially learning to make use of simple paper, glue and other items like thermocol, sequins, etc. to make flowers, designs, birds and gift cards.



We have indoor games articles which they utilise in the evening time. They are learning karate as well from Mr. A. Mitra, a reputed senior karate specialist. He has been taking exams regularly to grade the children and evaluate their development.

### • OUTINGS AND EXPOSURE VISIT

Children also visited a variety of places for outings and recreation where they enjoyed themselves. All the children, staff and sister went to the picnic at Thakurpukur Sristy Garden. That picnic spot was fully covered with big trees, flowers trees, one small nursery was there. We were hiring a big bus. House mothers cooked biriyani for the picnic. We brought snacks for that purpose. We had organised games for the children who was the winner before leaving from there sister (P.I) distributed prizes to them. Children enjoyed a lot and they were happy.





- Our children got a great opportunity to went Rajvaban to meet with our respected Governer Shri K.N Tripathi ji. Different schools were performing different types of cultural program. They played various games. They got food packets and jute bags from there. This event was organize by “Calcutta Foundation” and “Jungle Crow “ gave there volunteer service.
- Children went to St. Xavier’s college for celebrating Shishu mela . Other N.G.O like IICP, Bodhan, Nonojibon also went there. There were many games stalls. Children got breakfast, lunch and snacks from there. They have seen magic show and dance program.
- Our children and one staff attended the program at Swastho Bhawan regarding World T.B day celebration. This program had organized by Tuberculosis Health Action Learning Initiative ( THALI). Children got lots of information like types of T.B, how they will get free medicine etc.
- 3 staff and 32 girls went for outing with Lee Book volunteer group at salt lake Nico park. They have arranged everything for the children. Children had lunch , they were having fun and enjoyed in the Niko park. Children got lots of gifts
- **CHILDREN PARTICIPATION AND LEADERSHIP**

Committees are divided among the three teachers. Every committee meeting takes place twice in a month and it’s a very regular. Teachers are taking one open session for these committees once in a month. In this session girls become free and can communicate with the teachers and it also changes their behavior.



Due to the reward chart all are trying to improve their daily activities. Through reward ceremony we are encouraging them regularly. In Dainik sobha teachers are using praiseful

Words and giving them little tokens of appreciation. For these activities there has been a good impact on their behavior. At least they are trying to do something for themselves, for their bonding sisters and committee members also.

Committees and sister groups are changed at 3 months interval with the participation of all girls.

- **OLDER GIRLS FUTURES**

According to youth plan some of our girls are going to spoken English class, computer training and life skill training. One girl is doing beautician course from NIHM. Three girls have been done retail course, now they are in to part time job. One of our girl wants to be a airhostess so after finish her exam she will go for hospitality course. Future group had organized a meeting with all the rainbow youth to shared their summer plan and group leaving as well as parent meeting was also held in Merry word.



- **CELEBRATIONS AND FESTIVALS**

- Children love and enjoy the festivals and celebrations at our rainbow home. Being a part of such an social and culture oriented country there is no end to festivities here. During this period we celebrated Christmas , holi ,Easter and Labour day .

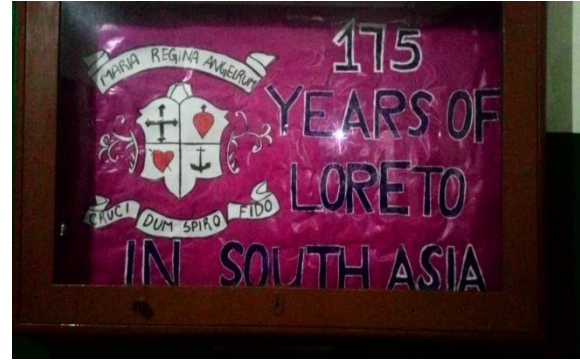


Christmas tree was celebrated with cakes and gifts whereas Holi was matched with colours and sweets. As like every year Loreto school Dharamtala celebrated Christmas party with the rainbow children before the Christmas. School provided lunch to all the children. Children got nice gift from the school teachers. School has organized various games to the small and big girls. Saraswati Puja being celebrated at the Bengali medium schools was most anticipated as the children wore colorful sarees to celebrate the Puja. Lastly not forgetting Easter, where they had delicious food with sweets on that day.

Apart from that, our 7 children and two staff went to Entally for celebrated 175 Jublee program. Our 7 children participated in opening prayer dance with all rainbow children.



From other state many sisters, fathers and guest came to attend this program. Whole the program was very colourful and children were looking attractive and beautiful during the program.



#### • ENGAGEMENT WITH FAMILIES

- Parents meetings are done regularly. Parents involvement are not equal in every month but we are trying to improve their attendance through discussions with them in the meeting, asking parents over the phone why they are irregular in the meetings.
- Last month in parent meeting children were rewarded with prizes as per the Reward chart in front of every parent. Parents were requested to give prize to their daughter which is already being decided by rainbow.
- In every parent meeting it has been discussed that parents can give under garments to the children instead of bringing food. Because from rainbow children cannot get this frequently. Children are not keeping their belongings nicely. Most of them are losing and some are stealing.



### • BUILDING SOCIAL PERSPECTIVE

- Mental health training has been held in Loreto house for staff. It was 3 days training.
- Training topic was reward chart. It has been discussed elaborately. How it can be more effective for the children etc. Although we got a new session about anger management and its applicable among the children. Through this anger management session not for only the children but also the staff can recognize anger inside them and how should be deal with. Staffs are divided among three groups and they will take one session in each home about reward chart and anger management among others staff and children.

## 3.RAINBOW TEAM

### STAFF STATUS

We are having in total 8 administrative staff with Sr.Soria as the Project In charge. Apart from them there are 7 teachers teaching various subjects, dancing, art and karate.

This year we recruited 2 new remedial teachers. One teacher is teaching all subjects from class 1 – 4 standard and another teacher is teaching only Arts group from class 9-12 standard.

One of our most adorable member Mrs. A.Gomes who was the principal of Loreto Dharamtala school , got transferred to Loreto House as the principal. We had organised a short fare well program for her.



### • Team trainings

The staff members had attended various meetings and trainings throughout the year by which they got valuable knowledge about functioning and managing rainbow homes in a better manner. All information gathered from various exposures were shared during meetings with each other so that everyone gets to know the rules, guidelines and policies about the Rainbow Home.



## 4.VISITS

- **VISITORS**

Our Rainbow have many donors and volunteers who comes here on a regular basis and give their support to the children in various manners from organizing gathering, special breakfasts/lunch/dinners, outings and even tuition classes. In our home we have two volunteers, one is Bhumi and another one is Cognizant. These two volunteers come every week on Saturday and Sunday. They specially take remedial classes for all children and their main motive is to make them educated, knowledgeable, smart and approachable person. During this month we got a great opportunity to meet with very renowned person Agnimitra Poul, she is a famous fashion designer as well as Rainbow's Brand Ambassador visited to our home and met with our children. From our home we had organize a welcome program for her. Any time she will always support to rainbow .



- **Local Contribution:**

We have many regular donors. Apart from that, our most of the donors are Loreto School's parent. All time they are ready to help us. We gets birthday chocolate from the school children, we are also getting lunch, snacks, dinner from the donors. Sometimes we are getting cash / cheque from the donors. Really they are showing kindness to the children. One of our regular donor's Punam Khatoria invited us for lunch at her residential place. All the rainbow children went there and enjoyed the birth day party. They got goodies from her.





## 5. CHALLENGES

- Challenges about children

Managing children is a wonderful job but difficult too. From discipline, manners, ethics, values and responsibilities, teaching & nurturing them sometimes becomes a problem when they do not want to listen or change themselves. We here at Loreto Dharamtala Rainbow Home take pride in trying to do so with all our heart and sure hope to help each child to the fullest so that they grow up to become better human beings.

*Thank You for all your support!!*