

***RUDOLF STEINER SCHOOL MBAGATHI
NAIROBI KENYA
PROPOSAL FOR GUIDANCE &
COUNSELLING HEALTH and a NURSE
PROGRAMME HELP FUND***



The Rudolf Steiner School Mbagathi Nairobi Kenya has 80% of children from disadvantaged family backgrounds. Our children are exposed to many social ills such as abuse, violence, neglect, drug addiction, alcoholism and hunger just to mention but a few. The traumatic experiences leave them tormented and traumatized, unable to behave and even study normally. Some may complain of symptoms such as headaches.

There is an urgent need to shape and correct their mentality, attitude and understanding for education to have its rightful place in their lives. They need help from a counsellor to stop normalizing what is abnormal in their lives because that is what has been introduced to them at a very young age. A nurse would also ascertain whether the symptoms are associated with mental or physical health. Teachers and boarding parents have observed and identified cases that need serious counselling attention. Information and reports regarding such cases are shared during departmental meetings of teachers and boarding parents.

However, it is true that many issues affecting children have been unearthed and there is need for them to be addressed by competent specialists. Our parents need to be involved in what's happening in the school since most of the issues originate from home.

There has been in-house counselling conducted by teachers and it has played a big role. This program in the school has managed to reduce the number indiscipline cases. There has also been a contracted counsellor but there has been a challenge due to limited time in form of hours and large number of cases to handle. She has not been able to meet all the classes for group counselling for example in the term that has just ended.

We request for help from our partners to be able to cover the cost involved in allocating sufficient hours to our counsellor who has worked with us for a long time. There has been notable improvement with the children that she has counselled. She will be happy to continue dealing with individual cases as referred to by teachers and boarding parents, this should happen weekly (10 sessions per term).

The school has not been having a school nurse. Parents are required to attend to their children in case of any sicknesses but they do not always attend to health needs. To improve care of our children, we request for support in having a nurse for 8 hours (1 day) a week. With her/his advice, a case can be referred to hospital for further medical attention.



To handle the very special cases, professional counsellors (one per week) would help in dealing with the soft skills in group counselling. This specialty would be dictated by the need of the group e.g. Clinical psychologist, sexuality specialist, educational psychologists etc. The specialist could also counsel the boarding children over the weekend. A school nurse once a week can also help with health check-up and guidance.

Care givers are very important in the lives of children. Training and capacity building is a very necessary exercise in this area. It is therefore key to have a group session with the teachers and boarding parents at the beginning of each term (3 sessions per year) to prepare them on how to deal with the children. These are the staff members that are in direct contact with the children and what they do can either make or break the life of a child in Kenya.

In an attempt to address the issue from its origin, parents' mornings should be organised where the professional counsellors handling the children will be invited to speak to the parents about issues affecting the children. Teachers may also be invited to speak on some areas of concern to the parents.

To make sure that implementation bears great results across all fronts, a bonding/interaction day should be organised, where parents are invited to experience what the school is doing, the expectations of both parties are discussed and Waldorf education principles shared to the parents. Artistic and fun activities can be incorporated. The parents will feel part of the school community and they will appreciate what the school is doing. The learner's self-esteem will also be boosted; it will bring healing to the children. Such an event would be at a cost but with enough support, supply of needs such as meals, craft material and transport would encourage attendance and make the event a great success.

As a long-term plan, an anthroposophy therapist would deal with the learners who are adversely challenged. Waldorf education combined with some counselling sessions can yield wonderful results.

See budget proposal attached

Mercy Njoki, Neema Kahiga and Judith Brown 8th March 2022



COUNSELLING and HEALTH PROPOSAL

Counselling	Hours/p er week	Hours per term	Hours 2022	Cost	Total Cost	Notes
Individual counselling	5	50	150	10,000.00	360,000	12 sessions per term, with a fixed rate irrespective of numbers
Individual counselling/boarding	5	15	45	10,000.00	360,000	12 sessions per term, with a fixed rate irrespective of numbers
Group counselling for teachers/boarding parents		3	9	10,000.00	30,000	3 sessions per year
Professional/specialists for Children	2	20	60	10,000.00	360,000	One session per week, for 36 weeks
Professional/specialists for parents	NA	3	9	10,000.00	30,000	One session per term
Bonding interreaction day (activities and food)	NA	6	18	50,000.00	150,000	One session per term
Nurse	8	96	288	15,000.00	540,000	One day weekly, for 36 weeks
TOTAL					1,830,000	