



Sunshine Arts and Music Programme Annual Report 2016





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The Christina Noble Children's Foundation is dedicated to serving the physical, medical, educational and emotional needs of vulnerable children in Vietnam and Mongolia. We believe that every child deserves love, respect and freedom from all forms of abuse and exploitation. We establish long-term relationships with the children we support and empower them to live happy, emotionally rich, and independent lives.

One person **CAN** make a difference. **YOU** can make a difference.



Students from grade 4 working on an art project

ACKNOWLEDGEMENTS

We are thankful to the Sovereign Art Foundation for their generous sponsorship of the Sunshine Arts and Music Programme since 2011. This support has allowed us to make our founder's dream of providing the children in our care an emotionally rich, happy and fulfilled childhood a reality. By providing opportunities for our young people to exercise their creativity and learn the power of self-expression and self-exploration, we help them build a strong platform upon which they can grow and flourish.

We also offer our heartfelt thanks to the other important partners who have participated in our Programme. We thank Starbucks Vietnam, Caravelle Hotel, Saigon Trade Center and the Australian International School for giving our choir a venue to showcase their talents during the Christmas season.

Throughout 2016, our Sunshine children have had many opportunities to interact with and draw inspiration from professional artists, musicians and organisations. We would especially like to thank the following groups who gave their valuable time to our children: the Nolza Family Hip-Hop Dance Crew, the Goethe-Institute, Art for Saigon, Starbucks and the British International School.

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ABBREVIATIONS

CNCF	Christina Noble Children's Foundation
CSP	Child Sponsorship Programme
DOLISA	Department of Labour, Invalids and Social Affairs
ESP	Education Scholarship Programme
HCMC	Ho Chi Minh City
MOLISA	Ministry of Labour, Invalids and Social Affairs
SAF	Sovereign Art Foundation
SSS	Sunshine School



After School Art Class

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PROGRAMME OVERVIEW

Established	1997
Location	Ho Chi Minh City
Objectives	To use the transformative power of the arts to enable disadvantaged children to build their self-esteem, self-confidence, social skills and develop into happy, fulfilled and expressive young adults by allowing them to explore their imagination and creativity in a safe, supportive and loving environment.
Programme Components	Classes and workshops in music (instruments and choir), dance, visual arts and photography
Beneficiaries	Children from the Sunshine School, Sunshine Social and Medical Centre, Boys' and Girls' Sunshine Homes, Child Sponsorship Programme and other disadvantaged and/or street children in HCMC
Local Partners	MOLISA (through the Sunshine Centre and Sunshine School) and DOLISA (through the Sunshine Homes)
CNCF Involvement	Fully responsible for funding and programme management, monitoring and evaluation
CNCF Staff	Ms. Son Thu Trinh, Director of Operations, CNCF Vietnam and Mr. David Tran, Programme Manager, Sunshine Arts and Music Programme, CNCF
Monitoring and Evaluation	Because CNCF is directly responsible for funding and programme management, regular monitoring and evaluation activities are conducted. Monitoring visits during programme activities are conducted by the manager of the programme. Weekly internal meetings are conducted for CNCF staff to discuss programme related issues and updates. Monthly reports and semi-annual reports are sent by CNCF staff to the Board of Management and an Annual Review of the programme is sent to all stakeholders. Most importantly, the progress the children are making is displayed in various platforms such as talent shows and performances that are held at least once per quarter.
2016 Actual Costs	USD \$32,807.30
Future Plans	The future plan of the programme is to increase the number of students involved with a variety of workshops, to work with invited artists and guest musicians and to provide excursions that will foster creativity and imagination, in addition to maintaining the regular curriculum.
Reporting Period	January-December 2016

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PROGRAMME BACKGROUND

Our Foundation strongly believes in the transformative power of the arts. Exercising creativity helps disadvantaged children build self-esteem and develop into happy, fulfilled and expressive young adults. We believe that an education without exposure to the arts is not an education; it is just schooling.

Childhood poverty often sets the stage for a lifetime of challenges. Children raised in poverty face overwhelming challenges that affluent children never confront. These children experience more stress due to loneliness, aggression and isolation, and they are more likely to feel deprived, embarrassed, picked on or bullied. Thus, children more often face future struggles in marital and other relationships.¹ Research also indicates that poverty results in lower academic performance and neural function in children.

Art and music play a crucial role in the social, intellectual, cognitive and emotional growth and development of all children. According to a paper published by the National Endowment for the Arts (USA), several studies have revealed positive associations between music and arts activities and development of social skills such as sharing, caring, empathy and camaraderie.²

Studies have also shown that music and arts help children regulate their emotions, which is a critical skill for all children and is particularly vital for the children our Foundation serves who are raised in poverty and experience daily emotional stress. Through creativity, children are able to express themselves more freely and effectively and develop self-confidence and self-awareness. Education in the arts can also enhance critical thinking and creativity in children.³



¹ Eric Jensen, "Teaching With Poverty In Mind: What Being Poor Does To Kids' Brains And What Schools Can Do About It," ASCD, 2009

² The Arts in Early Education: Social and Emotional Benefits of Arts Participation, NEA Office of Research and Analysis, December 2015
<https://www.arts.gov/sites/default/files/arts-in-early-childhood-dec2015-rev.pdf>

³ RJ Deasy, "Critical Links: Learning in the Arts and Student Academic and Social Development" as published on www.aep-arts.org

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During a child's school years, there is a tremendous opportunity to counteract the negative impacts of poverty. For example, a recent study provided direct evidence that there is significant and measurable improvement in neural function in children who participate in music lessons.⁴ Children with two years of music training showed significant improvement in neural function relating to language and mathematics cognition; the more exposure to music the child received, the greater the improvement.



Our Sunshine Arts and Music Programme offers classes suitable for all our children, whether they are new to studying art and music and are just learning the basics, or they have a talent and want to deepen their studies and appreciation. Through the Arts and Music Programme, we have been able to provide our children with a diverse range of creative activities, granting them the space to explore their active imaginations in a structured and supportive environment. The aim of our programme is to nurture our young people's innate creativity by introducing them to various avenues of artistic expression, and in doing so, facilitate the manifestation of their imaginative landscapes, helping them to effectively communicate their thoughts, feelings and emotions.

The Art and Music Programme's main emphasis is freedom of expression—providing our young people the space to express themselves openly and without fear of judgement. For all the children in our care who have come from backgrounds marked by emotional pain, loneliness and suffering, this dedicated time for self-exploration is invaluable and plays an essential role in helping them heal from past trauma.

Programme activities foster individuality and self-reflection, but also encourage group work, community and togetherness. This dual focus is achieved by offering a range of activities, some of which are more introspective, where the children are encouraged to work independently, and others that emphasize group coordination, sharing of ideas and working together to complete a task.

By providing our children an arts education, we are able to build up their self-worth by introducing them to an alternative way of learning, one which is often more suitable to their individual needs. Unlike in the mainstream educational system where differences are often punished and rejected, art both allows for and celebrates individuality; it encourages diversity.

⁴ Journal of Neuroscience, "Music Enrichment Programs Improve the Neural Encoding of Speech in At-Risk Children" as published on www.jneurosci.org



Art For Saigon is a volunteer group of professionals and university art students. Here they are with the 4th grade showing off their finished artwork that they produced together.

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OUR YEAR

2016 Highlights

Our Arts and Music Programme operates across four of our Foundation's Projects: the Sunshine School, the Sunshine Centre Day Care, Sunshine Homes for Boys and Girls and the Sponsorship Programme. Underprivileged community children are also allowed to join if classes are below full capacity. 2016 was an exciting year for the Sunshine Arts and Music Programme. In addition to the regular activities, the children also participated in a variety of extra events and workshops and enjoyed an excursion to the water park. The Sunshine students interacted with professional artists and musicians and showcased their talents on various platforms.

Arts and Music Programme- Classes	Minimum no. of students	Maximum no. of students
Compulsory classes that are a part of the Sunshine School and Son Ca curriculum		
General Art (for Sunshine School students)	145	145
General Music (for Sunshine School students)	145	145
Aerobics and dance for Son Ca children	11	11
Optional after-school classes for the Sunshine school children as well as children in other programmes like CSP, ESP and the local community		
After- school art	9	22
After-school music- guitar/piano	8	18
After-school music- choir	10	33
After-school dance	6	17
Photography	11	11
Optional classes for the children of other CNCF Programmes held at the Sunshine Homes		
Dance- Sunshine Home for Girls	11	14
Art- Sunshine Home for Girls	11	14
Art- Sunshine Home for Boys	15	15

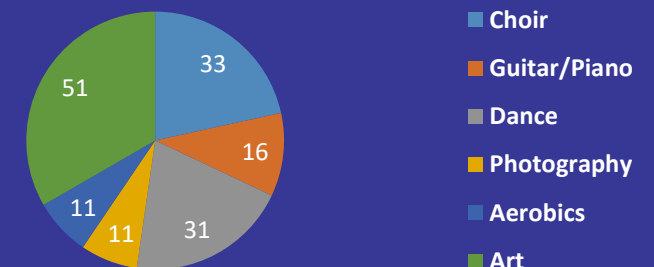
SUNSHINE ARTS AND MUSIC PROGRAMME HIGHLIGHTS 2016

180+ Children from poor communities participated in various classes



145 Sunshine School students attended general art and music classes

Number of Sunshine School children attending classes



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PROGRAMME ACTIVITIES

Art

Our art classes are designed to be a fun exploration of and an introduction to art styles and techniques. Our children express their creativity through visual arts such as crafts, drawing and painting. Our children love creating art; they produce vibrant colours and imaginative imagery with ease, transforming blank canvases into exciting and captivating pieces of work.

Our General Art class is a compulsory, once a week 45-minute lesson for all our Sunshine School children. In this class, students learn basic techniques and styles, including craftwork. During the lessons, our children experiment with a variety of different media, colours and techniques, exploring ideas and having fun with the tactile, sensory experience of creating art.

“Art is my favourite class because I learn how to make nice things and I give them to the people I love,” (Nga, Grade 5)

We also offer a non-compulsory, after-school art class that is open to all ages. The sessions are open to all our young people and, despite being an optional extra-curricular activity, we are always delighted to see so many animated faces, beaming with smiles and keen to create. In this class, students learn more advanced techniques, colour mixing and more advanced craftwork.



General Art class children show off their art booklets

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One of our children occupied with her art project

Lessons generally start with an introduction followed by a visual demonstration of any new techniques including examples of other artists' work.

Open discussion, analysis and the sharing of ideas are always welcomed during lesson time and encouraged as an important part of the artistic process. Through communicating their work to the group and listening to feedback from others, our children build feelings of pride, self-esteem and develop confidence in expressing their emotions.

The children are encouraged to discuss the inspiration behind their designs and what they were trying to convey about themselves through their choices of colours, patterns and imagery. We also hold and host workshops and excursions to enhance our children's learning experience.



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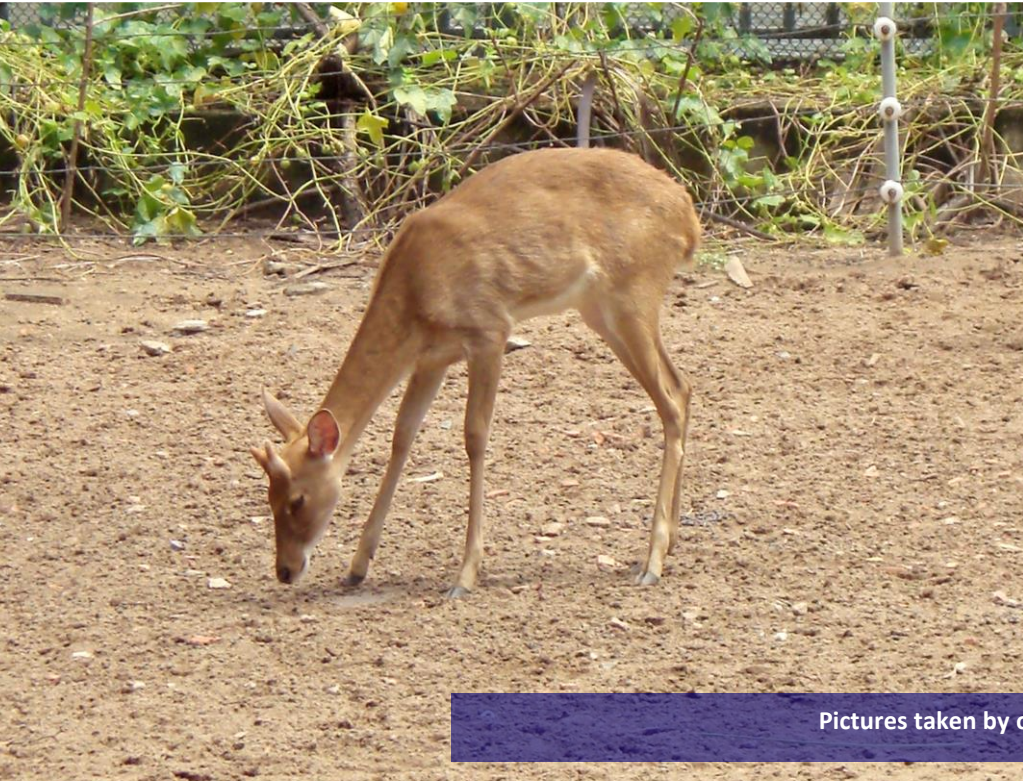
Photography

Our photography classes, which were introduced in 2014, were so successful that they were continued in 2015 and 2016. As part of their class, the 3rd grade students went on excursions to a variety of local places such as the zoo, local church and parks to practice their shooting and composition skills. Afterwards, they critiqued their work by identifying the positives and negatives of their work and the work of their classmates. The children skilfully demonstrated what they had learned in the classroom and created beautiful photographs and booklets.

For our children, cameras are not typically accessible, and thus, these classes open a whole new world for them.



Photography students on an excursion to the park to practice their composition skills



Pictures taken by our photography students

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Music

Music has the unique ability to connect with and heal aspects of the soul. It fuels and inspires the mind, stirs emotions, relieves anxieties and creates memories that we carry with us throughout our lives. Christina Noble personally recognizes the magical and reviving capabilities of music; she has described many lonely and desperate times as a street child in Dublin in the 1950s when music and singing were her only forms of escape and connection to a world beyond her own harsh daily reality.

Our music lessons are for children ages 6 to 18 and cover both philosophy and practice of string instruments (guitar), percussion instruments (auxiliary percussion), piano, keyboard and vocals.

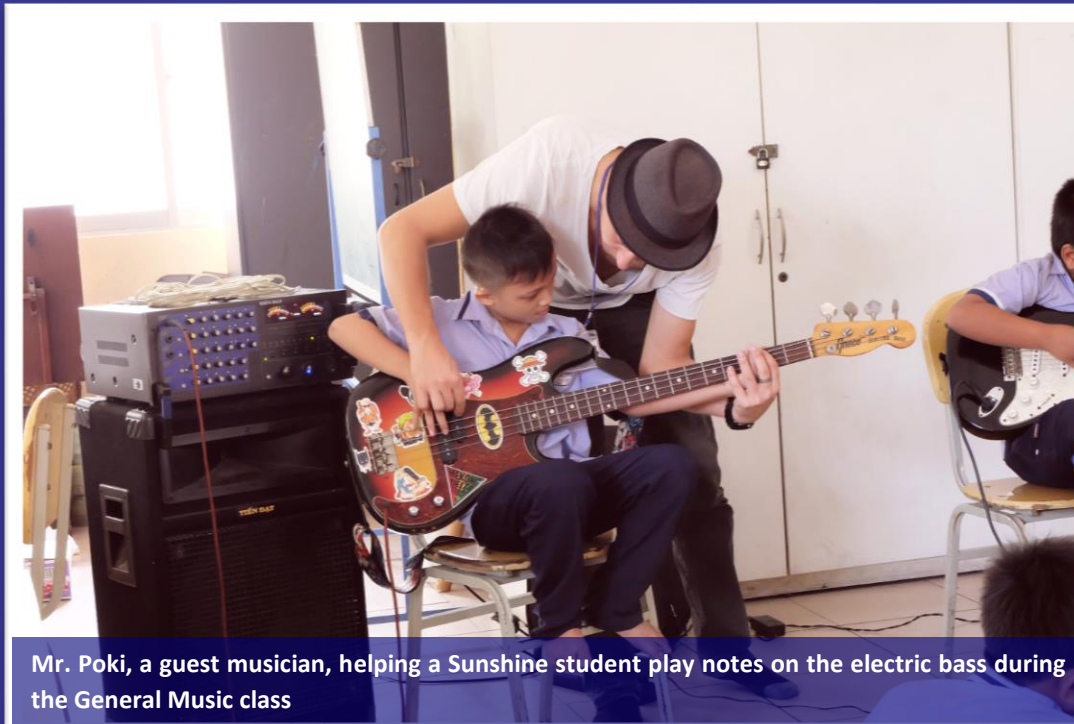


Traditional instrumentalists visit the General Music Class

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Guitar and Piano Lessons

Private guitar and piano lessons are offered to our children who show a keen interest. Our aim is to work with them to develop technique and an understanding of musical score reading. We schedule occasional recitals to build the children's performance skills and showcase their talents.



Mr. Poki, a guest musician, helping a Sunshine student play notes on the electric bass during the General Music class



A Sponsorship student during her piano lesson

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Sunshine Choir

Our Choir provides the children with a chance to express themselves through song. The sweet sound of our children's voices coming together in harmony is now a regular feature at both CNCF and community events. Children learn a variety of popular and traditional songs in both English and Vietnamese. Our Sunshine Choir has become a regular presence in the city, particularly around Christmas time.

"I like Choir because I get to learn new songs and sing with my friends and teacher. I also like performing during Christmas,"
(Huynh, Grade 4).



Choir during rehearsal



The Christmas Choir performs at Caravelle Hotel

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Dance

CNCF strongly believes in the power of dance and the wide-reaching benefits it can have for our young people.

Dance affords the opportunity for children to explore and communicate emotions, increase self-confidence and enhance social skills. It is also highly physical and provides a fun and effective way for our children to improve their overall health and fitness.

Our dance classes are a fun way for our children to express themselves through body movement and to learn how to listen and work as a team. This is a very popular class and the programme was designed to attract both girls and boys. Our dance troupe performs throughout the year.

In addition to the dance classes and the classes for the girls at the Sunshine Home, we also have a dance-aerobics class for our younger, Son Ca (day care) children. This class helps the children develop motor skills and includes lots of fun stretching, dancing and learning of small routines to musical tracks.



A Dance Class rehearsal





A sunshine student makes a balloon propelled car



An after school art student shares her fish decoration project



Outdoor photography class



A General Music Class lesson



Children making arts and crafts



Mr. Poki and Mr. Indy introduce the electric guitar and bass to the General Music class.



The Girl's Home dance team just before their performance.



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OUR STORIES

Trung (name changed for child protection)

Trung has been with the Sunshine School for four years and has participated in the after-school art class for two years. He is 11 years old and the younger of two children in his family. His father is a motorbike taxi driver and his mother manages the household along with his older sister who has dropped out of school. Trung is extremely dedicated to his art class. He rarely misses a class and he is always the first student to arrive and the last to leave. When Trung first attended, he had no knowledge of art, but showed a keen interest from the start. Trung would stay afterschool to attend the evening classes even though, at times, he had to wait hours for the class to start.

Typically a shy student, he has learned to open up because his art skills have developed so rapidly along with his self-esteem. In 2016, two of Trung's paintings were showcased on the art room wall. His pictures were used to print buttons for an International School fundraiser and for making holiday cards for a local business company. A painting of his was also given as a gift to a donor. During the Christmas holiday, art class students painted small fish figurines to fundraise for the program. Trung's fish were among the first sold.

In just two years, Trung has made exceptional progress from a shy little boy to a much more open and confident student. "I feel confident when someone asks me to draw or make something because I can do it now!" Trung said. His progress and skill in art has grown immensely. Not only is his teacher really proud of him, but his family and all at CNCF are as well!



"I feel confident when someone asks me to draw or make something because I can do it now!" Trung age 11 yrs.

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Thu (name changed for child protection)

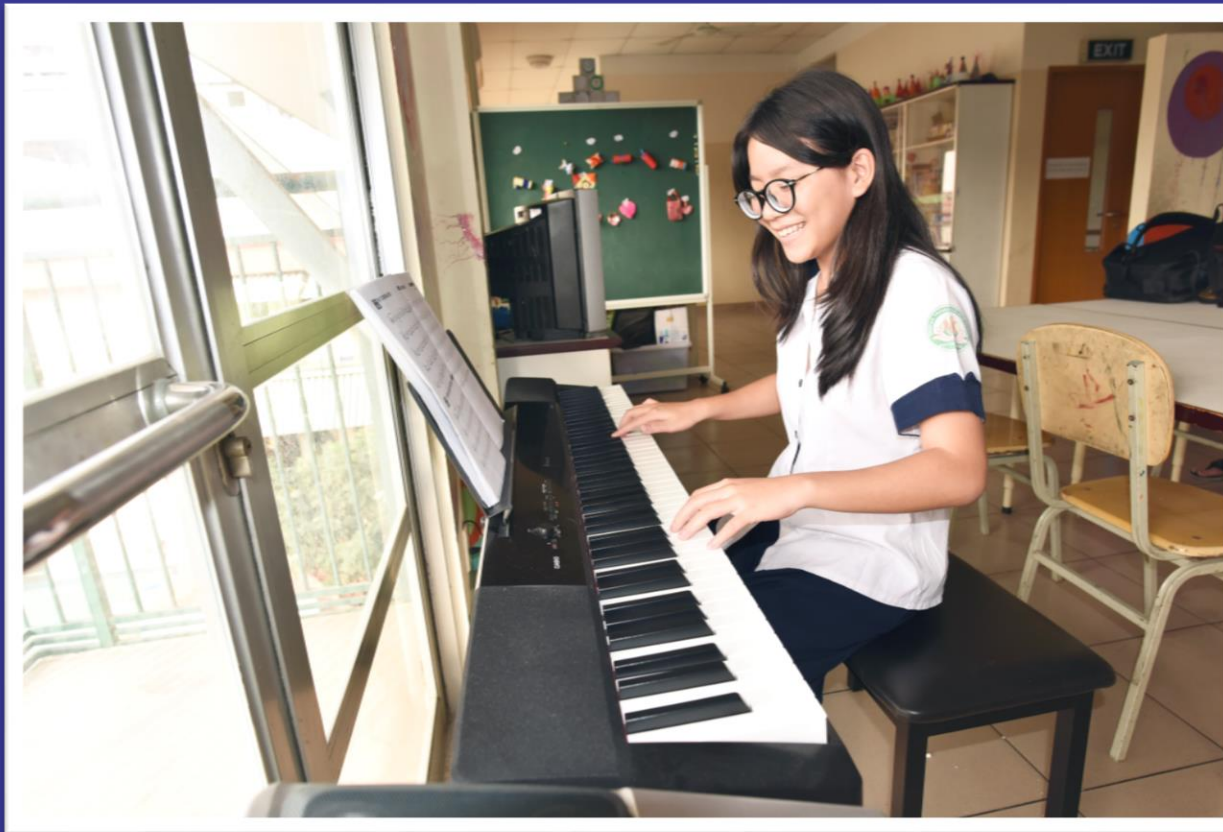
Thu who is 17yrs old, is an active participant in the piano and guitar class, after-school art programme and the taekwondo class, but she is most interested in the music program.

Thu has been studying piano for almost four years and has recently started playing the guitar. She is gifted with her talent and is a highly disciplined student who wants to become a good musician; however, she often cannot practice her instruments as much as she would like. Thu lives with her mother and younger brother in one small room which they rent. She goes to the local church to practice on their keyboard when

not in use, and visits CNCF's music room as much as can after her academic classes.

Thu spends as much of her free time as possible practicing the piano and guitar. As she says, "practicing the piano keeps my worries away." She has progressed greatly in a short time and has performed at three piano recitals, executed a solo guitar piece at a fundraiser for CNCF and accompanied other students at various musical events.

Her dream is to become a piano teacher and to work in the music field, but she realizes that it is hard to make a good living, so she is working toward being a math teacher also. CNCF will continue to foster Thu's musical education to help her realize her dream of working in the music field.



Thu enjoying her time playing the piano at CNCF



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FINANCIAL OVERVIEW

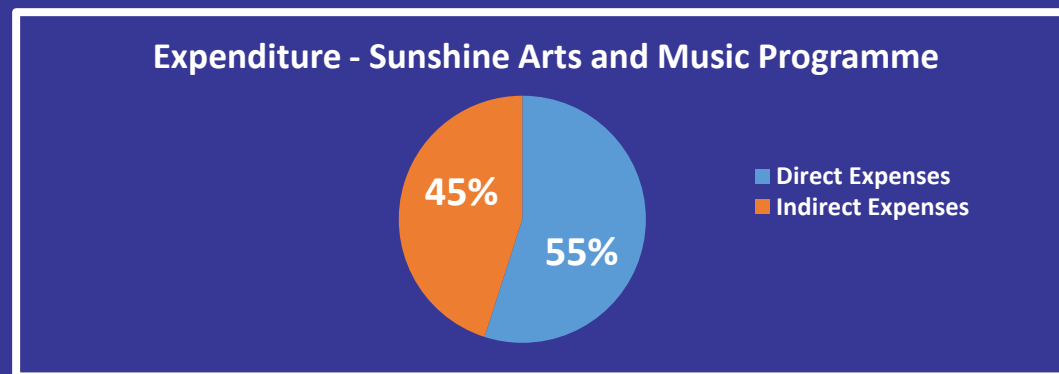
The operational cost of the Sunshine Arts and Music Programme in 2016 was USD 32,807.30.

The direct costs include the costs of teacher salaries, art supplies and purchase and maintenance of musical instruments. The indirect costs include salaries of project staff, security fees, stationery, communication, transportation, electricity and water allocated to the projects.

The Sovereign Art Foundation has been funding the project since 2011.

Our 2016 audits are available upon request.

Sunshine Arts and Music Programme - Actual Expenses 2016		
NO.	ITEM	AMOUNT (USD)
Direct Expenses		
1	Teachers Salary x 6	16,851.89
2	Arts and Music supplies (Acrylic paint, frames, staple books, etc.)	622.46
3	Children Excursion	260.43
4	Christmas Performance	292.15
Indirect Expenses		
5	Project Manager's Salary	13,171.13
6	Security fees	824.16
7	Office supplies (Stationery, communication, transportation, etc.)	659.25
8	Others	125.83
TOTAL		32,807.30



Thank you to the Sovereign Art Foundation who has sponsored this invaluable programme since 2011, and for allowing CNCF to enrich our children's lives with arts and music. It is only through the kind generosity of our sponsors that we are able to continue our work with some of the world's most vulnerable children. Thank you for helping us give children back their childhood through the Arts.



“Childhood is the foundation of life. Help us make it a good one!” - Christina Noble

Each of us is only one person. But by joining all the ones together, we can accomplish greatness.
If you and your organisation are interested in supporting us in 2017/2018 please contact our Foundation.
If it is only through the kind generosity of others that we are able to continue our work with some of
the world's most vulnerable children.

Christina Noble Children's Foundation - Vietnam
website: www.cncf.org | email: vietnam@cncf.org

