



SUNSHINE SPORTS PROGRAMME

ANNUAL REPORT 2018



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ABBREVIATIONS

BIS	British International School
CNCF	Christina Noble Children's Foundation
DOLISA	Department of Labour, Invalids and Social Affairs
HCMC	Ho Chi Minh City
MOLISA	Ministry of Labour, Invalids and Social Affairs



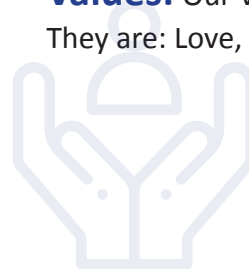
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OUR VISION, MISSION, VALUES

Vision: A united world where children are free from suffering, poverty, exploitation, fear, and oppression. Where children are aware of their fundamental human rights.

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

Values: Our values represent our beliefs and guide how we behave. They are: Love, Compassion, Respect, Honesty, and Integrity.





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ACKNOWLEDGEMENTS

The aim of the Sunshine Sports Programme is to provide sports education to children, so they can develop healthy habits and maintain a healthy and active lifestyle.

We thank the British International School for providing free swimming lessons, transportation, and snacks to our students and for including our students in related activities. We also thank Lugdunum Judo Club (France) for sponsoring our judo class and providing free uniforms, mats and teachers in collaboration with Tami Judo (Vietnam).





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**First you feed a child's stomach,
then you feed their spirit.**

- Christina Noble OBE -



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PROGRAMME OVERVIEW

ESTABLISHED

1997

LOCATION

Ho Chi Minh City (HCMC)

OBJECTIVES

To use the transformative power of sports to help disadvantaged children build their self-esteem, self-confidence and social skills by allowing them to participate in a variety of physical activities in a safe, supportive and loving environment

PROGRAMME COMPONENTS

Taekwondo, judo and swimming classes

BENEFICIARIES

Children from the Sunshine School, Boys' and Girls' Sunshine Homes, Child Sponsorship Programme, and other disadvantaged and/or street children in HCMC

LOCAL PART NERS

MOLISA (Sunshine Centre and Sunshine School) and DOLISA (Sunshine Homes)

CNCF INVOLVEMENT

Fully responsible for funding, programme management, monitoring, and evaluation



CNCF STAFF

Son Thu Trinh, Director of Operations, CNCF Vietnam; David Tran, Programme Coordinator; Pham The Dung, Programme Assistant; Bach Van Anh, Taekwondo Teacher; Tran Thi Kim Lan, Taekwondo Teacher; Nguyen Thanh Tai, Judo Teacher; Mai Thi Bich Tram, Judo Teacher; Nguyen Ba Hai, Swimming Teacher

MONITORING AND EVALUATION

Because CNCF is directly responsible for funding and programme management, we conduct regular monitoring and evaluation activities. The programme coordinator conducts monitoring visits during programme activities. Internal staff hold weekly meetings to discuss programme-related issues and updates. CNCF staff send monthly reports and semi-annual reports 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 games, examinations and tournaments throughout the year.

2018 ACTUAL COSTS

USD \$22,423.72

FUTURE PLANS

In 2019, in addition to maintaining our current sports curriculum, we plan to reassess the programme and make changes where needed, increase the number of students participating, and organise a Taekwondo competition team.

REPORTING PERIOD

January – December 2018

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EXECUTIVE SUMMARY

In 2018, the Sunshine Sports Programme continued to help disadvantaged children build their self-esteem, self-confidence and social skills by allowing them to participate in a variety of physical activities in a safe, supportive and loving environment.

This year, we offered taekwondo, swimming and judo. These activities helped the children develop physically, psychologically and emotionally. Over 100 children from our Sunshine School, Sunshine Homes and Child Sponsorship programme participated in the Sunshine Sports Programme.

In 2019, we plan to increase the number of students participating in extracurricular classes and provide students more opportunities to compete in competitions.





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PROGRAMME BACKGROUND

CNCF strongly believes in the transformative power of sport. Athletic activities afford children the opportunity to build self-esteem and develop into happy, fulfilled young adults. We believe an education without exposure to sports is not a complete education.

According to the United Nations Development Programme, there is a positive relationship between human development, which is the sum of freedoms and opportunities people experience, and the practice of physical sports. Economic inequalities often prevent children from participating in sports and this lack of access to physical activity negatively impacts their health and overall well-being.

Sports play a crucial role in the social, physical, intellectual, cognitive and emotional growth and development of children. Our Sunshine Sports Programme affords children the opportunity to participate in a variety of sports activities that allow them to develop their whole selves.

Currently, the programme offers swimming, taekwondo and judo, which was a new addition in 2018.



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OUR YEAR



In 2018, the Sunshine Sports Programme offered swimming, taekwondo and judo lessons. A total of **76** children participated in the Sports Programme in 2018.

2018 SUNSHINE SPORTS PROGRAMME PARTICIPATION



Swimming



Taekwondo



Judo



2018 HIGHLIGHTS

02 CHILDREN earned black belts

17 5TH GRADE STUDENTS passed swimming examinations



TAEKWONDO CLASS performed at Mid-Autumn Festival and Graduation Day



PROGRAMME ACTIVITIES

The Sunshine Sports Programme operates across three of CNCF's Projects: the Sunshine School, the Sunshine Homes for Boys and Girls and the Child Sponsorship Programme. Underprivileged community children are also allowed to join if classes are below capacity.



We strive to enrich our children's lives through sports. Within a positive atmosphere and with a child first mentality, each child's physical, emotional, psychological, and social development is enhanced.

- David Tran, CNCF Vietnam Art, Music, and Sports Coordinator -



Swimming

Swimming is a required course for fifth grade students from the Sunshine School. Students participate in one-hour sessions once a week at the Ky Dong Swim Club. Lessons focus on proper breathing, swimming technique and the freestyle stroke. Students also learn survival skills. Each child must be able to swim at least twenty-five meters using the freestyle stroke without a floatation device to pass the class. Students also receive a sandwich and milk after class. At the completion of the course in 2018, **17 of 22** participants passed the examination.

In 2018, the British International School (BIS) provided a swimming pool and high school student volunteers. The BIS students worked with CNCF swimmers once a week for an hour to help them become better swimmers. This additional pool time gave CNCF students the opportunity to build confidence.



Because of the swimming class, I am very happy for my granddaughter's future and health. I hope she will be able to teach her younger brother to swim as well.

- Grandfather of Sunshine School fifth grade student -



I can tread and survive in water now. I love swimming class because I can teach my younger brother how to swim and I can teach other people too.

- Sunshine School fifth grade student -

Taekwondo

Taekwondo students participate in 90-minute sessions twice per week. Activities include warm-ups, stretching, various taekwondo kicks and punches and kata forms. Students also receive a sandwich and milk after class. This year, the class performed at CNCF events. During the demonstrations, the students performed various kicks, broke boards, demonstrated a kata, and exhibited self-defence techniques. In addition, students completed monthly examinations; two students earned black belts. In 2018, **27** students participated in taekwondo lessons.

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Taekwondo is really fun and I have a lot of friends. Plus, I am quick on my feet and I have a stronger body. I love my teacher and I want to be on the competition team. I can protect my family and protect defenseless people too.

- 11-year-old taekwondo student (brown belt) -

“

Some of the newer students come into class with discipline problems, but I've seen how taekwondo can improve their behaviour. I've seen it with my past students and I'm confident it will happen with them as well.

- Tran Thi Kim Lan, CNCF Taekwondo Teacher -

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Taekwondo has been good for my granddaughter's health and well-being. She controls her temper a lot better now and I am happy that she can defend herself. I hope the school continues to teach her to become a better person.

- Grandmother of taekwondo student -





Judo



The judo class was added to the Sports Programme in August 2018. This year, **27** students participated in 90-minute classes twice per week. Activities include warm-ups, stretching and judo falls and throws. Students also receive a small sandwich and milk after class. The judo class was sponsored by Lugdunum Judo of France and taught by Tami Judo of Vietnam instructors.



OUR STORIES

Taekwondo Transforms

Ai Vy*

Ai Vy is a 10-year-old third grade student at the Sunshine School. She lives with her father and two older sisters in a one-room home. Ai Vy spends every day at school, from seven in the morning to seven at night. Her father earns approximately \$30 USD a month fixing electronic equipment. Work is inconsistent.

Ai Vy used to play on the street often and wandered around school when not in class. She sat by herself with nothing to do, and always with an empty stomach because her only meal was breakfast. She was introduced to the Sunshine Sports Programme by the social worker and got involved immediately. She enjoyed the taekwondo class and made huge personal growth and expanded her social circle. Before joining the program, she didn't talk very much, but now, she has more friends and is happier and more active at school. She enjoys practicing katas with her peers and enjoys one-on-one sparring. After two years in taekwondo, she has earned her blue belt and hopes to join the competition team. Just like every taekwondo student, she receives a sandwich and milk after class.

My Linh and Thanh Thao*

My Linh used to live together with her parents, older sister Thanh Thao, and two younger siblings in a shack on a trash landfill. Her father worked as a security guard for the landfill and mother collected and resold recyclables. Together, their income was \$10 USD per day. The family split up because they could not make ends meet, and My Linh now lives only with her grandparents in a one-room home. Family life has been stressful; My Linh's grandmother was forced to go back to work cleaning dishes and her grandfather became a motorbike taxi driver. Her father recently had a nervous breakdown and burned all Thanh Thao's school books.

My Linh and her siblings barely see each other, and their circumstances have been challenging. The two younger siblings are too young to join the Sports Programme, but Thanh Thao is actively involved, allowing both sisters to spend time together after their separate academic classes. Both girls participate in taekwondo, which is a fun and active class with lots of classmates. The sisters have together demonstrated taekwondo techniques at various CNCF events. We are proud these sisters can bond and strengthen their family relationship. Thanh Thao currently

holds a purple belt and My Linh holds a green belt. Both girls have fun and encourage each other to do better. We hope the family can reunite soon and continue to provide opportunities for the sisters to grow together.

Manh and Tien*

Manh and Tien graduated from CNCF's programmes two years ago but continue to return for taekwondo lessons. They ride their bikes from their school to the Foundation twice a week to participate. It's been an amazing road for them since starting as white belts in second grade. They both have competed in competitions, won medals, and participated in demonstrations at CNCF events. They also recently earned their black belts and are now in eighth grade.

Having achieved senior status, Manh and Tien assist with warm-ups and help younger students. It is a testament to the quality of the taekwondo class that former students like Manh and Tien want to remain connected to the programme. Both students are working towards their second-degree black belts and hope to become instructors.

*Names changed to protect privacy.



Swimming Success

Hoang Anh*

A 12-year-old fifth grader, recently graduated from the swimming programme. She started swimming lessons in third grade and completed two full years of instruction. She studied at both the Ky Dong swimming pool and the British International School swimming collaboration with CNCF. Hoang Anh made tremendous progress as swimmer in two years. She has learned how to breath underwater and tread, and she can perform a variety of swimming strokes. Hoang Anh has gained enough skill to feel confident in the water without supervision or floating aides. She exemplifies CNCF's mission of providing children the opportunity to become proficient swimmers.

*Names changed to protect privacy.





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FINANCIAL OVERVIEW



The total cost of running the Sunshine Sports Programme in 2018 was:

USD \$22,423.72

Heartfelt thanks to our kind donors who enable CNCF to keep this project operating and also to those who generously support with gift and time in-kind which enables us to keep our costs down.

Our 2018 audits are available online
<https://www.cncf.org/finance-policies>







For more information on this report and our CNCF projects in Vietnam please contact:

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