



NEWSLETTER 2024 D E C E M B E R



TRANSFORMING LIVES AND MAKING COMMUNITY THROUGH HEALTHY EATING IN HUAYCÁN

TESTIMONY OF ERIKA ROSALES, NUTRITIONIST OF WARMI WASI

Being part of the project Unidas nutrimos mejor: Comunidad organizada por la alimentación saludable, located in the S zone of Huaycán, an area that is in a situation of social vulnerability, has been an enriching and rewarding experience. The main objective of this project is to empower women in the soup kitchens to develop skills that promote healthy and sustainable eating habits, benefiting both the people who attend the soup kitchens and the community in general. It also seeks to train them to work in coordination with local authorities and strengthen their community network, so that they can generate sustainability in the medium and long term, thanks to the support of the Kambia Foundation.

As a nutritionist, my role is to provide technical advice on food preparation and support with the necessary logistics so that the cook members can acquire knowledge on how to make their menus more nutritious through appropriate combinations.

I am deeply proud of my work and the positive impact we are making. It is very gratifying to see how the soup kitchen members incorporate changes that improve their daily lives and contribute to the well-being of their communities. I am also grateful to Fundación Kambia for giving me the opportunity to contribute to this much-needed change in the population's eating habits.

For the coming years, I hope to continue contributing with my technical advice, achieve the objectives set and help prevent possible diseases through the continuous improvement of the community's eating habits. I am convinced that together we can build a healthier and more sustainable future for all.



AMONG FRIENDS: DISCOVERING STORIES TOGETHER

BY GRACIELA QUISPE ESTRADA, READING MEDIATOR AND KELLY YLIZARBE HURTADO, PSYCHOLOGIST.

Entre Amigos: Discovering Stories Together is a project, managed by the interdisciplinary team of Mary Ward International Peru and funded by Misesan Cara, that seeks to combat the educational gap in Huaycán and Jicamarca, Lima, Peru, through the promotion of reading. Its innovative approach, based on peer learning and reading mediation, has had a significant impact on the participating children and adolescents in both communities, demonstrating that reading can be a powerful tool for personal and social development. Working together in these two communities has fostered a sense of collaboration and mutual benefit.

The project is based on the training of adolescents as reading promoters, who then replicate the activities with elementary school children in both towns. This methodology not only fosters reading comprehension, but also develops socioemotional skills in the adolescents, such as self-esteem, teamwork and leadership. The reading mediation and empowerment strategy is implemented through interactive sessions that include:

- Reading aloud: adolescent promoters read aloud the book-album (type of text strategically selected according to the level of comprehension, reference theme, artistic support and literary interests of children and adolescents) to the children, using different techniques to hold their attention and stimulate their imagination.





- Dialogues about reading: Conversation is encouraged between children and promoters about the content of the books, exploring different perspectives and encouraging critical reflection through Aidan Chambers' DIME approach.
- Playful-creative activities: Games, writing and recreational activities (such as drawings, songs and slogans) are used to complement the reading experience.
- Application of socioemotional skills: The adolescent promoters optimally developed what they learned in their initial workshops, achieving an effective practice of these skills; active listening, empathy and leadership being vital in the management of the groups of children in both communities.



The response of the children and adolescents of Jicamarca and Huaycán to the project has been overwhelmingly positive. The children were enthusiastic about the reading sessions. By being accompanied, they have felt confident to ask, cross-examine and respond after each reading. This experience has given them a greater predisposition to approach books and a notable improvement in their reading comprehension. The adolescents, for their part, have shown an extraordinary commitment to the training and the replication of the activities. During the process, they have identified with many children and with great patience they have guided them to build a sense or senses together about a story, becoming true leaders inside and outside their educational institution. In some particular cases, they have awakened their vocation as teachers in the area.



CAs workshop leaders, the most rewarding part of the project has been witnessing the personal transformation experienced by the participants in both communities. Seeing how teenagers are empowered by sharing their passion for reading, and how children open up to new worlds through stories, is a moving experience. Their actions corroborate that, only with true passion and professionalism, one can ignite souls so that they are able to bring out the best in themselves. And so, infinitely.

The future of the project is promising. We hope that Entre Amigos: Discovering Stories Together will consolidate as a sustainable initiative that will benefit more children and adolescents from Huaycán and Jicamarca, or from other districts of Lima with the same profile. We aspire to expand the project to other primary grades and other educational institutions in the area in order to build a positive impact on the entire educational community.

In conclusion, this proposal is not only a reading project, it is a transformation project. Entre Amigos: Discovering Stories Together seeks to sow seeds of hope in the young readers of Jicamarca and Huaycán, as well as to build and strengthen a brighter future for all. And that fills us with pride and passion.



"PROMOTORES INFANTILES": UNA EXPERIENCIA DE PARTICIPACIÓN INFANTIL EN LA PROMOCIÓN DE LOS DERECHOS DEL NIÑO

POR IVONNE CONDEZO, PSICÓLOGA DE WARMI WASI

Within the framework of the 35th anniversary of the Convention on the Rights of the Child, students from an educational institution in Peru carried out the activity "Child Promoters", an initiative that sought to involve primary school children in the dissemination of their fundamental rights and the prevention of violence. This activity was a reflection of the importance of child participation, allowing children to become active actors in the defense and promotion of their rights. The activity is carried out within the framework of the project "Childhood without fear, free of violence. Strengthening the right to protection in primary school students of an educational institution in Huaycán, Ate - Peru".



An activity led by the children themselves

The activity was organized by 93 students of fourth, fifth and sixth grade. The children participated actively, not only as recipients of information, but also as promoters of their rights. The students addressed fundamental aspects of child protection, such as self-care, the management of emotions and the right to live free of violence. This initiative not only served to commemorate a significant date in the field of human rights, but also to raise students' awareness of the importance of creating a safe and respectful school environment.

The children's promoters used a variety of playful tools such as storytelling, theater, games and songs to convey the messages in a creative and accessible way. This methodology not only got the children actively involved in the learning process, but also facilitated their understanding of the topics covered. Through these dynamics, the students not only learned about their rights, but also developed communication, teamwork and problem-solving skills

The activity had a significant impact on 590 primary school students, who enthusiastically participated in the workshops organized by their peers. The topics covered, such as the importance of emotions and caring for the body, were presented in a clear and entertaining way, allowing all students to internalize these concepts and reflect on their application.



A Message of Protection and Solidarity

Una de las características más destacadas de la actividad fue el esfuerzo de los promotores infantiles por hacer llegar un mensaje tangible de protección y solidaridad. Para ello, los niños promotores elaboraron mensajes personalizados, recuerdos y, además, entregaron 590 kits escolares a todos los estudiantes de primaria. Estos kits no solo fueron un detalle simbólico, sino que representaron un recordatorio de la importancia de protegerse mutuamente y de la responsabilidad compartida en la defensa de su derecho a la protección. Esta actividad es un ejemplo claro de cómo las metodologías lúdicas y participativas pueden ser utilizadas para enseñar sobre los derechos del niño, al mismo tiempo que fomenta la participación activa de los estudiantes en la creación de un ambiente más justo y equitativo. Al empoderar a los niños para que se conviertan en defensores de sus propios derechos y los de sus compañeros, se les está brindando una educación integral, que va más allá de los contenidos académicos y los prepara para ser actores de cambio en la sociedad.



SPEAKING OUT FOR A MORE JUST FUTURE: THE TRANSFORMATIVE EXPERIENCES OF ARIANA AND AVRIL

BY ANA PAULA MANTEGAZZA, COMMUNICATOR FOR MARY WARD INTERNATIONAL PERU, ARIANA AND AVRIL.

This year, Ariana and Avril, students of Fe y Alegria No. 58 “Mary Ward” in Jicamarca had the opportunity to participate in a unique experience thanks to the invitation of the United Nations NGO Office IBVM/CJ, a partner organization in the Working Group on Girls. This group is dedicated to amplifying the voices of girls around the world and works to ensure that their rights are recognized and respected.

As part of the WGG's activities, a Girls' Statement is organized each year, where, through three core group sessions and a larger group meeting, participants share their experiences, analyze issues and draft a collective speech to be read at the following year's Commission on the Status of Women (CSW) at the UN.

In this edition, Ariana was part of the core group, while Avril participated in the large group. Both experienced transformative moments that allowed them to reflect on the challenges faced by girls and women in their communities, as well as to actively contribute to the search for solutions. Below, they share their valuable testimonies, full of lessons learned and commitment to a more just and equitable future.

My experience at the International Gathering of the Working Group for Girls

Participating in the International Meeting of the Working Group for Girls was a unique and transforming experience. From the beginning, I felt excited to be able to raise my voice and share the difficulties that women face in my country and community.

I spoke about serious problems such as violence in general, gender discrimination, lack of access to quality education and the stereotypes that still persist and limit our opportunities.

During the event, we not only identified these challenges, but also worked as a team to propose solutions. Some of the alternatives we presented were to promote public policies that guarantee gender equality, promote educational campaigns that eliminate stereotypes from an early age, and create support networks for victims of violence. We also stressed the importance of involving the whole of society in these changes, because equality is not only a women's issue, but everyone's issue.

In the end, the meeting not only left me with valuable learnings, but also an enormous motivation to continue working for my community. I firmly believe that if we unite our voices and efforts, we can build a future where girls and women live free of violence, with equal rights and opportunities.

Avril- Large Group

My experience at the Girls' Working Group Declaration

I am very grateful for having had the opportunity to participate in the WGG (The Working Group on Girls) project because this experience allowed me a great development both on a personal and educational level.

The great opportunity to work with girls from different places, cultures, beliefs and different realities has been invaluable to me, because it has allowed me to learn about other realities and change my way of seeing life, opening my eyes and beginning to visualize the harsh reality that many girls live today. I have been able to learn a lot from their experiences, perspectives and diverse skills that each session gave to know, I feel completely honored to have been one of the girls who managed to raise their voices and were not silent.

These sessions have had a significant impact on my life, because I realized that I can be that someone who supports the world to be better, and that there are no limitations when it comes to raise our voice and defend the truth, because there are many girls who want to feel heard without being judged by society, but do not know how to do it, so I am proud to have contributed to this project that made us feel that we are heard, teaching us to seek more actions and less words.

I want to express my sincere gratitude to my Educational Institution Fe y Alegría N°58 "Mary Ward" for giving me the tools and the opportunity to participate in these great meetings. I also want to thank the entire project team and the congregation for their support, guidance and empathy throughout the process.

This experience has marked my life, and I am sure it will continue to inspire and motivate me in the future by reminding me that we are responsible for making the world a better one.

Thank you for reading.

Ariana- Core Group

A FAREWELL WITH A TASTE OF GRATITUDE

Filled with gratitude and nostalgia we bid farewell to Sister Mary Elizabeth, an extraordinary woman who has dedicated 19 years of her life and her consecration to God, to the service in the IBVM Region - Peru. Her commitment to pastoral ministry in Lámud and Jicamarca and her dedication to spiritual accompaniment leave her mark in the lives of many people.

Throughout these years, she has been a source of inspiration and hope for those of us who have lived and shared community life and mission. Her unconditional love and attentive listening have brought comfort to those who needed it most. Through her ministry and actions she has contributed to the transformation of lives and communities, and the legacy she leaves behind is a testimony of her faith and commitment to the kingdom, following the legacy of Mary Ward.

Although the moment of saying goodbye is difficult, we are happy for her and for the new stage that begins. We know that wherever she goes she will continue to share her love and missionary spirit. We are left with the memories of the shared moments, the laughter, the tears and all that we learned together.

You will always be in our hearts. We wish you the best in this new stage of your life. May you always find the path illuminated and may you continue to bring the message of love and hope to all people in your missionary service.

*“May the Lord bless you and keep you; may the Lord look upon you with favor and extend his love to you; may the Lord show you favor and grant you peace.”
Num 6:24-26*

With all our affection,
Perú IBVM/CJ Sisters





Thank you, Sister Mary Elizabeth for your devotion and love; may God bless and guide you always.

