



potato news

QUARTER 1 2015

WELCOME 2015

This year is going to be a big one at Potato and we invite every person to come and be part of our projects. Share your talents with us and together we can touch the lives of children and give them HOPE in this beautiful country of ours.

We also welcome the newest member to our team: Bernard Veenemans! As our new youth worker, he is going to work with the Grade 7s at primary schools. He is a fourth year theology student at TUKS with a passion for the youth of our country.

SMILE week



Many of our children and their families do not have the means to buy toiletries. We have a lot of learners that have been teased, because they smell and for a Grade 7 learner, this is embarrassing. It is not their fault that their parents cannot afford these products.

During our SMILE week, we will collect the following products:

Toothbrushes

Toothpaste

Facecloths

Bars of soap

Deodorant (male and female)

Sanitary pads

We will make up toiletry bags and distribute them every month to needy learners and families who we have identified in our projects. Our Grade 7 Potato Kidz are also going to launch this project in their primary schools. Companies and schools can start this project on a date that suits them. Become a part of this wonderful initiative and put a SMILE on a child's face!



The Potato Foundation

www.thepotatofoundation.co.za

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the POTATO FOUNDATION encouraging expectations

Home About Us Notice Board Newsletters **Projects** Downloads & Links Volunteers Donations Galleries Contact & Enquiry

Projects

- Potatoes in the Field
- Potato Kidz
- Potato Harvest
- Partners

WELCOME TO THE POTATO FOUNDATION
~Passion creates

Do the can-can →

Do the can-can

AND MAKE A HUNGRY CHILD YOUR BIGGEST FAN

A DONATION OF NON-PERISHABLE FOOD WILL MAKE THEIR TUMMIES FEEL GOOD!

WASHY DAY →

"Encouraging Expectations"

Tweets

Potato Foundation @ThePotato1 27 Jan
fb.me/2YatMkE74

Potato Foundation @ThePotato1 26 Jan
What a great morning it is!! God Blessed us as Potato team with a new Youth worker. !!! Lets give a BIG welcome to... fb.me/6xiVxWw9w
Expand

Tweet to @ThePotato1

MOMENTUM 94.7 CYCLE CHALLENGE

www.thepotatofoundation.co.za/#s4

New Project institutions

In 2014 we identified and performed an in-depth needs assessment at new schools. Please visit our website for more information about our 2015 project institutions and their needs. If you know of a school that requires assistance, please let them complete an application form, which can be downloaded from our website.



Pay it Forward project

At The Potato Foundation, we believe that you must give someone a fishing rod rather than a fish. We launched our new Pay it Forward project this year involving all our institutions. We will support them in running this initiative.

How does it work? They must choose a project where their learners can make a difference. The project does not have to cost anything. It should just enable the learners to be the CHANGE in their communities.

This not only teaches them about giving (and not just receiving), but also to have empathy for others. We teach them that change begins with ME – NOT the government, community, family or friends.

This initiative also enables us to identify new projects and work together with our institutions to assist them in their new projects.

Visit our website to learn more about our institutions' Pay it Forward projects!

Food from Heaven

Our greatest need at all our projects is FOOD. You cannot present a sport programme at a school or work emotionally with a child if he or she is hungry. We assist three primary schools and five pre-schools with their feeding schemes by:

Training kitchen staff in setting up kitchens, personal hygiene and how to prepare meals

Working out menus with the staff with the most nutritious food

Donating food

Assisting needy families in the school with weekend and monthly food parcels

In 2014, we launched the Do the Can-Can project where we challenge individuals, companies and schools to collect non-perishable food for our needy schools and families. Companies and schools can choose a week in which they want to collect the products. We provide posters for the event.

Apart from non-perishable items, we also collect ANY kind of food that can assist our projects. If you want to assist in any way or become part of Do the Can-Can project, please contact us for more information.



Do the Can-Can



**AND MAKE A HUNGRY CHILD
YOUR BIGGEST FAN**



**A DONATION OF
NON-PERISHABLE
FOOD
WILL MAKE THEIR
TUMMIES FEEL GOOD!**

For more info contact us:
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the
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FOUNDATION
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Potato Y-Sport

“Do you know what my favourite part of the game is? The opportunity to play.” – Mike Singletary

We launched the Potato sports programme in 2013 in partnership with YSport. Lorraine Lilley and her team from YSport developed a sport programme for our underprivileged children to assist in the development of their large and small motor skills.

Why do sport? Sport benefits every part of the body, including the mind. When we exercise, the body produces endorphins that **contribute to** a feeling of wellbeing.

Why the Potato YSport programme?

- It develops gross motor muscles
- Builds muscle tone and concentration
- Strengthens and develops muscle flexibility
- Boosts children's self-confidence
- Adds to their social skills – they learn to work in a group/team
- Improves their listening skills – two to five instructions are given prior to activity
- Balance – essential for school readiness and development
- Estimation – distance, height, width and depth
- Basic numeracy
- Crossing midline
- Bal-A-Vis-X – balance, auditory and visual exercises
- Its lots of fun for the children

YSport trains our teachers every year, empowering them to present this programme at their respective schools. We also have a facilitator who monitors the children's progress and assists the teachers where they have difficulties with the programme.

We started a library where the schools can borrow the equipment required for the programme. We currently have three primary schools and five crèches successfully presenting it at their schools (with five of these schools equipped) and we can see the progress among the learners.

It is very important for these underprivileged children to get this basic education and training, because they cannot afford any other programmes. They not only enjoy Potato YSport, but it also helps them with their development, school work and concentration.

How can you help?

We need R5 500 per school for the basic equipment. The more equipment we can buy, the more schools we can help. Maybe you will help to develop the next Bryan Habana, AB de Villiers or Lucas Radebe?

Be brave and become part of this project. You will make a HUGE difference in the lives of children.

This year, our theme for our Grade 7s is GENERATION CHANGE. We are working with 120 Grade 7s from four primary schools. Our Grade 7s are going to do projects in their schools and in their community. Change begins with ONE person and with the passion of 120 learners, change for the better are inevitable!

If your school wants to join our Grade 7s with projects and don't know where to start, contact us and we will help you!



Potato Kidz



important DATES

Weekly
Potato Y-Sport
Food from Heaven
Grade 7 Potato Kidz

Project for the whole year
Do the Can-Can project

Quarter 1
2 - 6 March 2015 – SMILE WEEK
7 March 2015 – Volunteer Day

Quarter 2
23 April 2014 – Barefoot Day
(Companies and schools can choose a date that suits them)
28 May 2015 – World Hunger Day
30 May 2015 – Volunteer Day
1 June 2015 – Spuddy Buddy Birthday Bash

Quarter 3
21 – 23 August 2015 – Youth Camp Grade 7
12 September 2015 – Volunteer Day

Quarter 4
October 2015 – Christmas Projects kicks off
15 November 2015 – 94.7 Cycle Challenge
23 - 30 November 2015 – Blessing in a schoolbag
Distribute monthly parcels for needy families

IN A NUTSHELL

Do The Can-Can project
We collect food for our feeding schemes and needy families.

Smile week
Put a SMILE on a child's face by donating toiletries.

Volunteer Day
Once every quarter on a Saturday, we have a big project at one of our institutions. It involves either distributing food or renovating a school. This day is specifically for anybody who cannot volunteer during the week.

Barefoot Day
Put yourself in the place of somebody who must walk without shoes in the winter and donate your old winter and school shoes. There is also a competition for the school that collect the most shoes.

Spuddy Buddy's Birthday
We celebrate Spuddy's birthday by collecting food for World Hunger Day and we also combine the project with a Volunteer Day.

Youth Camp
We take our Grade 7 Potato Kidz on a youth camp which is the highlight of the year for them.

Blessing in a School Bag
We would like to give every underprivileged Grade R learner, who is going to Grade 1, a brand-new school bag with the necessary stationery to enter the 'Big School' with lots of confidence. Adopt a child and buy a school bag. Write your own blessing for the learner for the new school year.

December Monthly Food Parcels
Every year in December, we provide a month's worth of groceries to the poorest families in our projects. We have noted that most organisations, which could otherwise have assisted the families, close during December. As the schools are closed, the children also do not receive cooked food from our kitchen.

Lee-Orr Venter
Amelia Pretorius
Eugenie and Arrie van der
Westhuizen
Bea Marie Bernard
Leonie McManus
Amanda McMenamin
Tanya Heymann
Ilse Ganz
Ronel van Heerden
Megan Prozesky
Jennifer Wilken
Tharina van Dyk

THANK YOU

Willie Kleynhans
Robin & Netanja Turner
John Miles
Martilie Bakker
AB Consulting
Neels & Come Hattingh
Fakiswa Bam
Media Chef
Carina Young
Yolandie Hoffmann

SEE YOU IN THE POTATO FIELDS!

Please visit our website for more information and follow us on Twitter @ThePotato1 and Facebook (The Potato Foudation and Spuddy Buddy) for daily news.

Contact the Potato Foundation

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