



St Jude's News



New beginnings: This project marks the start of a new initiative designed to help students gain practical skills in sustainable food production.



Our Australian fundraising partner is registered as The School of St Jude Ltd, and is responsible for all funds raised in Australia.



Our American fundraising partner is registered as American Friends of The School of St Jude, Tanzania, Inc., and is responsible for all funds raised in the USA.



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Dancing into victory

Culture, confidence and commitment shine as St Jude's Girls' Secondary School earns national honors in traditional dance



Taking centre stage: UMISSETA is a major national event that brings together secondary school students from across the country.

With rhythmic drumbeats and powerful footwork, the girls' school dance team commanded the stage at this year's UMISSETA national arts and sports competition, clinching first place in the Arusha region and ranking third overall in Tanzania's traditional dance category.

UMISSETA (Umoja wa Michezo na Sanaa kwa Shule za Sekondari Tanzania, or Union of Sports and Arts for Secondary Schools in Tanzania) is a major national event that brings together secondary school students from across the country. Organized by the Ministry of Education, the competition aims to identify and nurture young talent in both sports and the performing arts.

Led by their squad captain, Faith, a Form 4 student and entertainment prefect at The School of St Jude, the 25-member team advanced through the different stages of the competition with unwavering dedication.

"This competition started in May and we started at the regional level, where we had a competition with other districts in Arusha.

We had two districts competing, Mount Meru District and Arusha City. It was here that we qualified to go to the national level," says Faith.

Rehearsals started back in March, with Mr Samson, the school's music and arts teacher and team coach, organizing twice-weekly after-school practices as they prepared two traditional dances.

"Each school has to prepare two traditional dances, one from their own region and one from another part of Tanzania. As a group we picked the two we wanted - we chose a local Datoga dance from Arusha and the second was the Msolopa dance from the Mwera tribe in the Mtwara region," says Mr Samson.

The national competition took place in late June and saw the team face off against representatives from 25 regions across Tanzania. Their remarkable third-place finish highlighted not only their dedication and skill but also marked a historic first for Tanzania's northern region.



"It's the first time Arusha has brought this trophy back here. In fact, no other region in the northern part of Tanzania has ever brought this trophy home. We are proud to be the first," continues Mr Samson.

"When they were announcing the results, they started from the bottom and went to the top; by the time we reached the top five, we hadn't heard our name and thought they may have forgotten us. But then we got to the top three and heard our names called and we couldn't believe it."

Faith recalls the team bursting into cheers and excited squeals as their achievement was announced.

"Everybody was cheering and yelling. We were so happy and were very proud," says Faith.

"I want to say thank you to everyone who was happy about our news. It shows that you really love us and you really support us. I say thank you to everyone who was really committed and happy about our results."

The award was formally presented at a national ceremony by Honorable Dr Festo John Dugange, Tanzania's Deputy Minister of Health under the President's Office for Regional Administration and Local Government.

For Mr Samson, the experience meant far more than trophies and ranking.

"It's not just about the trophy or the ranking; my favorite part was seeing these students so happy when the results were announced. I also loved seeing how much their confidence has grown. After all, it is the happiness of teachers to see their students succeed."



Stars in the making: Students prepared and performed two traditional dances, one from the local Arusha region and another from a different part of Tanzania.



From academics to the arts, your donation enables students to access a holistic education. **Donate today.**



A well-earned victory: The girls' school dance team's dedication paid off as they claimed first place in the Arusha region and secured third place nationally in Tanzania's traditional dance category.

Empowering students to thrive

St Jude's alum publishes new book on student mental health



Changing the status quo: Johnson is on a mission to universally help students manage the daily pressures of school and build stronger mental resilience with his new book.

Johnson, Class of 2024, is on a mission to universally help students manage the daily pressures of school and build stronger mental resilience with his newly published book, *7 Mental Health Tips for Students: Become a Successful and Happier Student*.

Johnson's inspiration for the book came from his own experiences as a student.

"When I was in school, I loved spending time in the library, reading and talking to teachers," he recalls.

In 2023, Johnson completed his Community Service Year (CSY), a program where St Jude's graduates spend a year volunteering in government schools, academic teams or head office at St Jude's.

While teaching at a government school, he spoke with many students and conducted research to better understand how they coped with stress and balanced their wellbeing alongside academic demands.

Through this process, he noticed a broader gap in available resources. While many books focused on personal development, few addressed the real mental health challenges students faced when pursuing academics.

"When I was at the government school, I asked all types of students about the daily challenges they faced with stress. I saw there weren't many books for just students on this," says Johnson.

Motivated to do more, Johnson continued exploring the topic after starting his studies in Business Administration at Ashesi University in Ghana, where he recently completed his second year. It was during this time that he connected with Mariam, a clinical psychologist.

"Mariam was the guest speaker on a webinar about student wellbeing that I was part of. Afterwards, I reached out to her and we connected. She is leading the Wellness Within Hub, which provides workshops and resources for students," he says.



All smiles: Johnson returned to The School of St Jude to give Special Programs Manager Mrs Vivian copies of his newly published book.



Tips for success: Johnson co-authored the book with clinical psychologist Mariam to help support students throughout their journey.

Mariam was eager to support Johnson in bringing this idea to life, and together, they co-wrote the book over the span of a year. They intentionally kept it short and easy to navigate, recognizing that many students are discouraged by lengthy books.

“Before we started writing, I also did lots of research, read books and spoke to lecturers and peers from different countries. But working with Mariam was great because she is very open to feedback and willing to change ideas. She also brought so much experience and credibility. I learned a lot from her.”

When asked about his favorite tip in the book, Johnson refers to what is known as ‘The Four A’s of Managing Stress: avoid, adapt, accept and alter.’

“This approach is useful for everyone, not just students. There’s no way to be completely free of stress, but you can become more resilient in how you manage it. We also wanted to make the book as short as possible for students to be able to skim through it so they can get the exact content relevant to them,” he adds.

When the hard copy was released, Johnson arranged for fellow St Jude’s alumni, who were beginning university in Ghana, to bring 500 printed copies of the book with them from Tanzania.

“It feels like a real achievement to see this book come to life. Some of my lecturers bought the book, and it’s available through the counseling department and wellness committee at Ashesi as a resource for students,” he adds.

Inspired by this experience, Johnson plans to write more books in the future, noting that this is just the beginning.

“I never thought when I was sitting in the library as a student that I would become an author one day. It was a challenge managing my university curriculum while writing the book. I wrote a lot on weekends. I also wrote in the early mornings and sometimes late at night,” he says.

Just this month, he returned to the very government school where the inspiration for his book first took root, invited by the headmaster to speak with students about mental health.

“This summer, I have also applied for some grants so I can help more students get this book, especially in rural areas like the one I taught at. I want this to be a resource for more students,” adds Johnson.

For now, copies are eagerly circulating among St Jude’s staff and university communities, with hopes to broaden its reach in the near future.

Inspired by stories like Johnson? You can support more alumni to achieve their goals. **Sponsor a tertiary scholarship today.**





Q&A with supporter Lily

Throughout 2024, ten-year-old Lily, a Year 5 student in Australia, ran her own fundraiser to support The School of St Jude. Her parents, long-time supporters of the school, have visited Tanzania and previously taken part in fundraisers, such as running 10km at the 2023 Bridge2Brisbane event to raise money for St Jude's.

Inspired by her family's dedication, Lily wanted to make a difference herself. Using her talent for creating beautiful jewelry, she launched her own fundraiser and worked hard throughout the year to raise funds for the school. Here, she shares some of her favorite moments from the experience.



Making a difference: Lily (second from left) visited St Jude's last year to present the money she had fundraised.

What inspired you to do a fundraiser for The School of St Jude?

I was inspired to help St Jude's as I want children to have just as good an education as me. I like jewelry and enjoy wearing it, so I thought I would make some and sell it. I made beautiful earrings.

How much money did you raise for St Jude's?

I raised AU\$800.

What was your favorite part of the fundraiser?

The best part was seeing people smile when they purchased the earrings and raising money for St Jude's.

How did you sell the jewelry?

I sold the jewelry at the Brisbane High Rise Rotary club. I was supported by my parents and Bibi and Babu (grandparents), Noela and Bill Phillips.

What advice would you give to others who might be thinking about doing a fundraiser?

Keep raising money and don't give up!

Interested in running your own fundraiser?

You can start planning today.





Growing skills and greens

At St Jude's, learning doesn't just happen in the classroom; sometimes, it takes root in the soil

Our Form 1 students from St Jude's Girls' Secondary School have launched an exciting new agricultural project: a hands-on journey in vegetable farming. From land preparation to harvest, students have cultivated Chinese cabbage while gaining practical skills in sustainable food production. The result? A thriving garden, fresh produce, and a newfound pride in growing their own food.

Ms Monica, the agriculture teacher at the girls' school who is spearheading the new initiative, says students have responded with great enthusiasm.

"The project motivates more Form 1 students since they have participated in all stages, from land preparation to harvesting. They were happy to consume the vegetables they produced themselves. It is also inspiring other classes and staff to come to visit the garden. Seeing this motivates them to practice vegetable gardening too."



Step one: Students participated in clearing the farm/garden.



Step two: They prepared nursery beds and planted Chinese cabbage.



Step three: They transplanted Chinese cabbage seedlings.



Step four: They applied NPK fertilizer and watered the vegetables regularly.



Step five: The students participated in harvesting the Chinese cabbage, reaping the fruits of their labor.

Know someone who would love to read about this new project?
Help us spread the word.

