

PROJECT *hope*



CHASING RAINBOWS -

Real stories of Joy & Hope and fun activities for Kids

Welcome to this term's first edition of Chasing Rainbows!
Whether you're a child, a parent, a teacher, or just someone who loves learning, this newsletter is packed with fun facts, challenges, and updates just for you... with love

GET TO KNOW US



SARA BROWN - FOUNDER AND CHAIR OF THE BOARD

In addition to being a dedicated mother and wife, Sara juggles multiple roles as she balances her work with Project Hope and other professional pursuits. Although she is currently based in Cape Town, she remains highly active and engaged.



KIRSTEN MCGREGOR - DIRECTOR

Kirst is a dynamo living in the Upper Highway area. A mom, wife, and corporate professional by day, she transforms into the hands-on leader of Project Hope in her spare time.



FUN LEARNING CORNER FOR KIDS

DID YOU KNOW?

Did you know that butterflies taste with their feet?

It's true! While we use our tongues to taste food, butterflies have special sensors on their feet. This helps them decide if a leaf is good enough to lay their eggs on. That way, when the caterpillars hatch, they have a yummy meal waiting for them! Nature is pretty cool, isn't it?

INSTRUCTIONS AND A TEMPLATE FOR THE MOSAIC BUTTERFLY ARE ATTACHED.



Fruity Yogurt Parfait

Ingredients:

- 1 cup of your favorite yogurt (vanilla or strawberry works great!)
- 1/2 cup of granola
- 1/2 cup of mixed berries (like strawberries, blueberries, and raspberries)
- A drizzle of honey (optional)

Instructions:

1. **Scoop It:** Start by scooping a generous spoonful of yogurt into the bottom of a clear cup or bowl.
2. **Layer It:** Sprinkle a layer of granola over the yogurt to add a crunchy texture.
3. **Fruit Fun:** Add a layer of mixed berries on top of the granola. You can use fresh or frozen berries—whatever you have on hand!
4. **Repeat:** Continue layering yogurt, granola, and berries until the cup is full.
5. **Drizzle Delight:** For an extra sweet treat, drizzle a little honey over the top.
6. **Serve and Enjoy:** Grab a spoon and dig into your colorful, tasty parfait!

This recipe is not only fun and easy to make, but it's also a delicious way to enjoy a healthy snack or breakfast!



JOKES

WHY DON'T BUTTERFLIES EVER MAKE
DECISIONS?
BECAUSE THEY ALWAYS JUST WING IT!





HOW YOU CAN GET INVOLVED



DONATIONS AND SPONSORSHIP

Our primary goal is to secure sponsors for children in need. Additionally, we gladly accept donations of food and clothing, which can be dropped off at Hillcrest Methodist Church, located at 5 Nqutu Road, Hillcrest, Kwazulu Natal, 3610. For more information, please visit <https://projecthope.org.za/donate/>.



VEGETABLE GARDEN PROJECT



We are thrilled to have a vegetable garden that nourishes the children. Any support to help our little garden flourish is always welcomed and appreciated. <https://projecthope.org.za/our-work/>

FOLLOW US ON SOCIAL MEDIA

We are highly engaged on Facebook and Instagram, and we genuinely appreciate all the likes, comments, and shares we receive. We would also love for you to invite your family and friends to help us expand our follower base and increase awareness.

Project Hope empowers children to become the very best they can be. We work hand in hand with each child's caregiver, joining forces to provide them with a nurturing preschool education, along with essential health, social, and nutritional support. Together, we give these children the hope they deserve, ensuring a brighter future not only for them but for their caregivers as well.

With love and hope,
The Project Hope team

For any inquiries or if you wish to get involved and become part of the Project Hope family, please reach out to us.

 www.projecthope.org.za

 087 821 8282

 info@projecthope.org.za



MATERIALS NEEDED

- A4 size Clear contact paper (x2 sheets)
- Coloured tissue paper
- Scissors
- Butterfly template (printed on paper to the size you want)



HOW TO MAKE A BUTTERFLY SUNCATCHER:

1. **Prepare Your template:** Start by cutting out the butterfly shape from your printed template. This will be your guide. Don't forget to cut out the centre of the wings too.
2. **Cut Tissue Paper:** Choose your favourite colours of tissue paper and cut them into small squares or shapes. These will be the colourful parts of your suncatcher.
3. **Arrange Your Design:** Place the first sheet of contact paper flat on the table, sticky side up. Carefully arrange your tissue paper pieces inside the butterfly wings. Be creative with your design!
4. **Seal the Suncatcher:** Once you're happy with your tissue paper arrangement, place the second sheet on top, sticky side down, to seal everything in.
5. **Cut the Butterfly:** Using scissors, carefully cut around the butterfly shape, leaving a bit of space around the edges to ensure the contact paper stay sealed.
6. **Display:** Your butterfly suncatcher is ready! Hold it up to the light and watch it shine. You can tape it to a window to let the sunlight make it glow.
Enjoy your beautiful butterfly creation!

