

CHILD FOCUS FOUNDATION

IT TAKES A VILLAGE TO RAISE A CHILD



ACTIVITY REPORT
2020

Table of Contents

1. Introduction	pg. 1
2. Mission and Goals	pg. 2
3. Organizational Structure	pg. 3
4. Stakeholders	pg. 4
5. Activities & Participants	pg. 5, 6
5.1 Weekly Activities	pg. 7
5.2 Extra Activities, Tournaments, Cultural Exchanges, Annual Events	pg. 8 - 21
6. Updates	pg. 22 - 24
7. Conclusion	pg. 25
8. Projected 2021 Goals	pg. 26

Introduction

The year 2020 came with many different challenges and caused us to have to learn to adapt to the changes happening around us due to the coronavirus pandemic. However, we were very fortunate on Saba in that soon after the start of the pandemic, we were able to restart life as normal. Throughout 2020, Child Focus organized 21 different youth activities which included the regular weekly activities, special workshops and the summer camp. Based on the registration forms received, 69% of children who attend the Sacred Heart School were enrolled in the activities. The total amount of children enrolled for the year was 117. The progress of the activities and the behavior of the participants are discussed during monthly staff and board meetings. These activities are run by both coordinators of the organization and by youth leaders who offer their time and effort on a voluntary basis.

The Child Focus program includes after-school activities for all Saban youth between the ages of 4-12 years. This means that children have the opportunity to participate in activities between 2:00 p.m. and 7:00 p.m. (maximum of 3 activities) per week and several workshops throughout the year. The activities are focused on education, sports, arts and culture.

What Child Focus has learned from these experiences is:

- Having coordinators increases the quality of the activity and its consistency
- Parent involvement is necessary if discipline issues are to be taken seriously

Mission and Goals

Child Focus Foundation is committed to offering after-school activities to all school-going youth from 4-12 years of age through care, support and guidance during after-school hours by offering a variety of activities. Children are encouraged in their development and supported with their schoolwork.

Here at Child Focus Foundation, we are fortunate to have personnel that enhance our vision with their special talents, talents given willingly and passionately. It has always been our vision to have our name become synonymous with excellence, innovation, honor, integrity, outstanding quality and service. In keeping our vision clear, yet goal-focused, with the help of our community, we will be able to turn every obstacle into a stepping stone, in order to achieve more, develop further and ultimately have our goals come to fruition.

A more concrete discretion of the goals based on the different areas of development are:

Social emotional development goals:

- Children are able to solve problems through talking.
- Children are able to make friends.
- Children are able to work together in group settings.
- Children are able to take care of each other.
- Children are able to play together.
- Children are able to learn a new skill together.

Cognitive development goals:

- Children receive help with their schoolwork.
- Children have knowledge about the flora, fauna and marine biology of Saba.
- Children have knowledge about Saba's history.
- Children know the importance of keeping their island clean and recycling.
- Children can learn to play different types of instruments and dance.
- Children know what healthy food is.

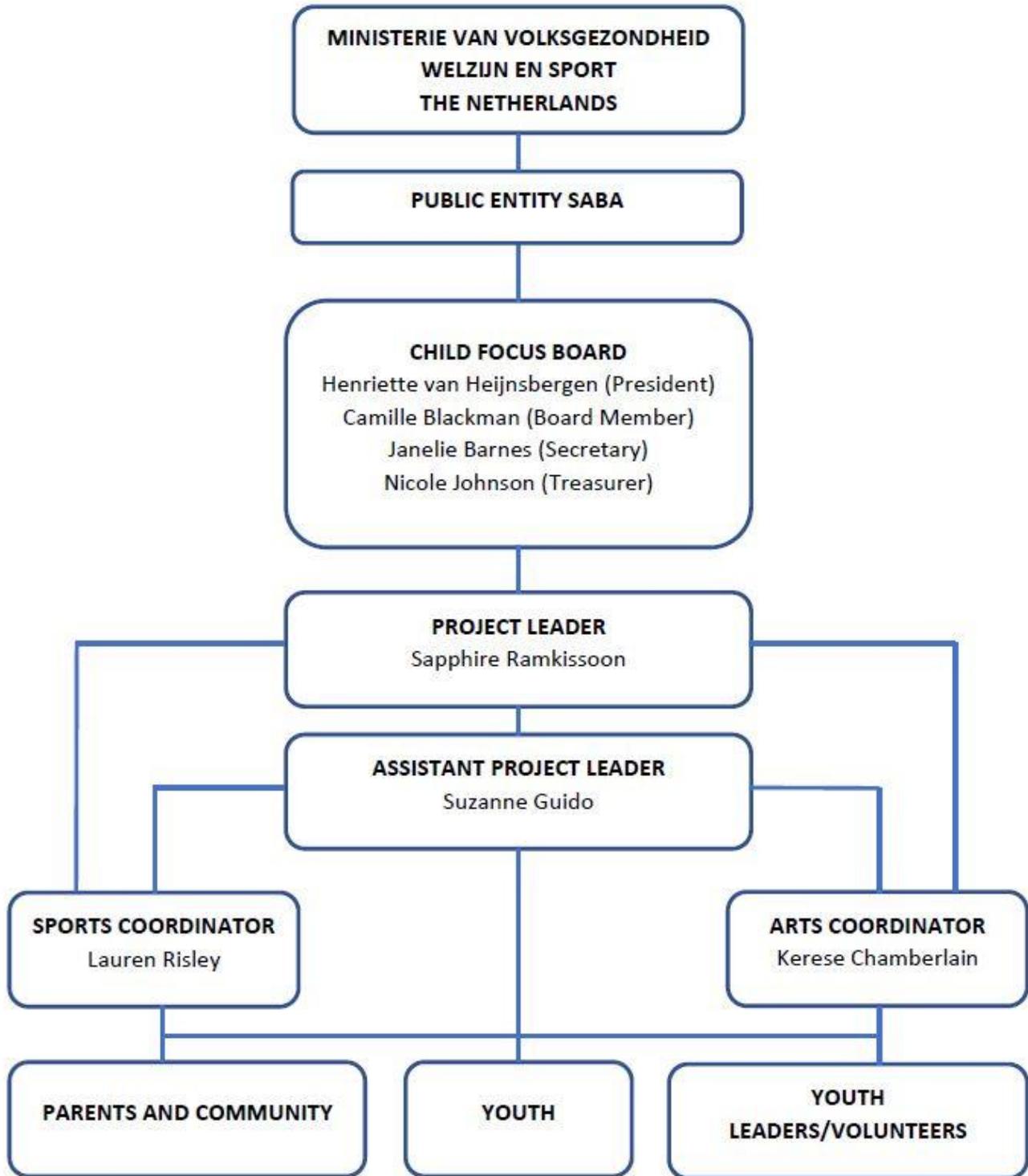
Autonomy development goals:

- Children are able to make choices in the types of activities they would like to participate in, based on their interested.
- Children are able to express their opinion and feelings.

Motor development goals:

- Children can run, jump, climb, roll, dance etc. during different types of activities.
- Children can play in the playground at Child Focus.
- Children can train their fine motor skills by doing different art projects and play musical instruments.

Organizational Structure



Stakeholders



Child Focus Foundation is subsidized through the Ministry of Health, Welfare and Sports (Ministerie van Volksgezondheid Welzijn en Sport) in The Netherlands. Subsidy is received annually with the option for renewal.



Schools and activity centers are often the first place where children with problems are identified. When a youth leader suspects that a child needs professional help, he or she can contact the Center for Youth and Family. Since 2011, all municipalities have a Centre for Youth and Family. These centers provide advice on raising children and, when needed, guide parents and children into other areas of the youth care.



Child Focus collaborates with the community officer of the Police Department. In case there are mayor concerns about the behavior of children during activities, a meeting with parents and the community officer can be called. The purpose of these meetings to ensure the behavior improves and that parents are aware of the concerns of problem behavior.



Child Focus collaborates with the Saba Conservation Foundation by working with their education officer to carry out activities that aim at educating youth on nature conservation. Child Focus also gives an annual stipend to the SCF which provides a summer internship to a high school student or recent high school graduate.



Saba Fit covers the cost for children in the arts and crafts activity to be provided with a healthy snack of fresh fruit. Saba fit also assists in organizing and providing the financial assistance to carry out Saba Fit with Lee, an activity which focuses on helping kids keep active and, at the same time, have fun.



Sacred Heart Primary School ensures that students return their registration forms for activities. The Administrator delivers messages and letters to students about any changes in the daily activities. At times the Director may address incidents which took place at an after-school activity.



Afternoon school care promotes Child Focus activities and encourages parents to sign children up. Communication is also shared on children's behaviour and both organizations work together to ensure the best for the children. Plans are being made to collaborate more often.



SACS Foundation 'hosts' the Triple C Curriculum, whose objective is for the youth of Saba to benefit from the experience and expertise of professionals and develop a deeper understanding of different disciplines. At the end of the year, the goal is to have the youth showcase their talents. They offer these services to all the education and childcare centers on island, including Day Care, Saba Comprehensive School, Afternoon School Care and Child Focus.

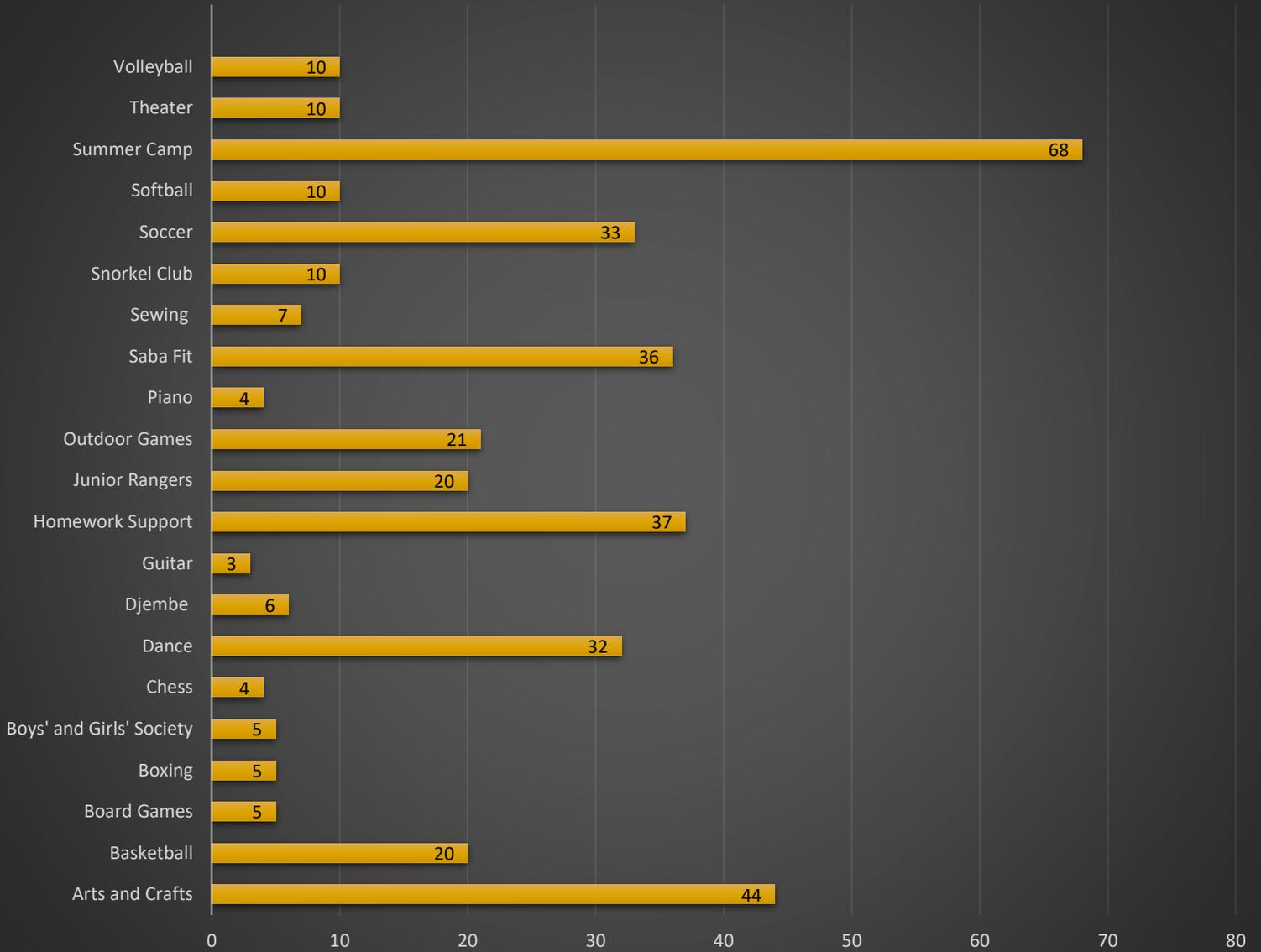


Saba Nature Education offers activities such as hiking and swimming, and lessons on environmental protection. Child Focus works with them during periods for summer camp especially.

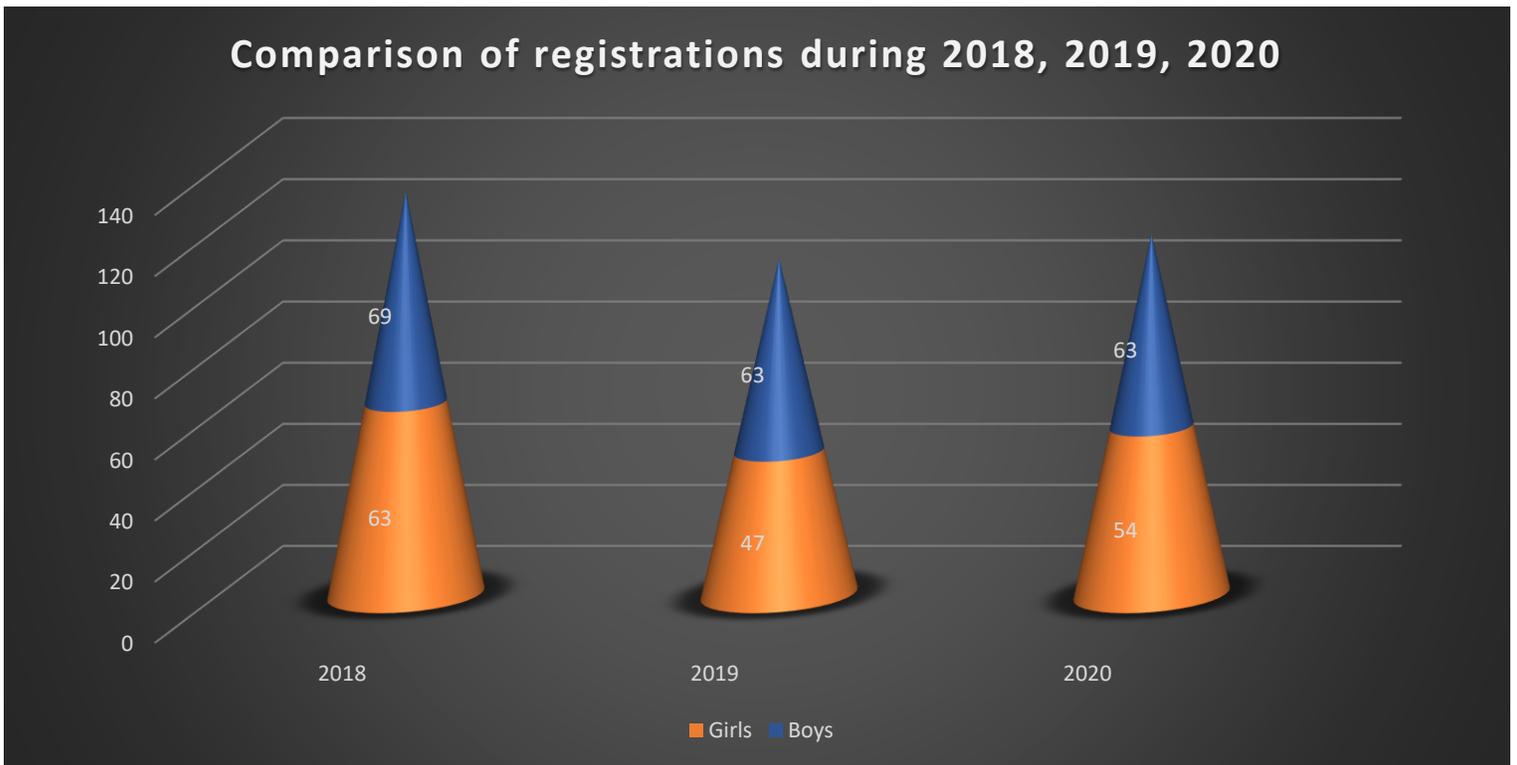


Although Child Focus no longer provides activities for teenagers, collaborations still occur occasionally with Saba Comprehensive School, such as with the Summer Program for 2020.

Number of Students per Activity



	Sacred Heart Primary School
Children in schools per Sept 2020	170
Children in CF activities per Dec 2020	117
Percentage of children that attend CF activities	69%



With the addition of our Arts Coordinator and Sports Coordinator in 2020, Child Focus was able to host more activities on a more consistent basis. The coordinators ensure that the children receive a high quality and well-planned lesson regularly. This gives parents the surety that activities will not be cancelled and that the children are in the care of professionals. The number of participants for the year was slightly more than last year.

This year, unfortunately we could not host any Swim Camps as our usual swimming instructor was not able to travel into Saba. However, there were swim classes during the Summer Camp program with Saba Nature Education that were well attended.

Activity	Youth Leader	Days
Arts and Crafts	Olivia Johnson, Kerese Chamberlain	Mondays - Fridays
Basketball	Lauren Risley	Wednesdays & Saturdays
Board Games	Kerese Chamberlain	Thursdays
Books and Beyond	Kerese Chamberlain	Tuesdays
Boxing	Shimail Levenston	Mondays, Wednesdays, Fridays
Boys and Girls' Society	Carmen Simmons	Wednesdays
Chess	Peter Johnson	Fridays
Dance	Roxana La Flor	Tuesdays, Wednesdays, Thursdays
Djembe	Budu Lavia	Tuesdays
Homework Support	Tevonille Dunchie, Miranda Simmons, Camille Blackman	Mondays - Fridays
Junior Rangers	Saba Conservation Foundation	Mondays & Thursdays
Outdoor Games	Lauren Risley	Fridays
Piano	Eric Cornet	Fridays
Saba Fit	Kemaul Lee	Wednesdays & Fridays
Sewing	Sapphire Ramkissoon	Thursdays
Snorkel Club	Saba Conservation Foundation	Tuesdays
Soccer	Alejandro Garcia	Mondays, Tuesdays
Softball	Lauren Risley	Tuesdays
Theater	Kerese Chamberlain	Mondays & Wednesdays
Volleyball	Lauren Risley	Wednesdays

SABA DOET

On March 13th 2020, Child Focus set out to upgrade our music room into a more child friendly atmosphere, geared especially towards children with special needs, in the form of a chill out room/sensory room.



'CHILL OUT' SPACE

In a mainstream school setting, Sensory rooms can be called 'quiet zones' or 'chill out spaces'; whatever the name, they essentially provide the same benefits. It is used as a calming environment for children who may be overwhelmed by school, such as children with Autism, anxiety, ADHD and behavioral issues.



MAKING A SAFE SPACE

The walls were painted, and additions were made in the form of a tent swing, aromatherapy devices, kinetic sand, etc. Child Focus would like to thank the Saba Lions Club for their assistance and all the volunteers that joined us on that day.

LOCKDOWN



On March 19th, 2020, the entire island of Saba was put into lockdown with strict measures due to the global pandemic, Covid-19. Schools were closed, no gatherings were allowed, and activity centers/after school centers were also told to cease activities.

As we could not offer regular activities, and as we understood the strain this could have - not just on the kids who were now stuck at home - but also the parents who would also be under financial strain, doubled with the negative effects of the pandemic on their mental health and having to take care of their child at home for the entire day. For this reason, CF began compiling Arts and Crafts packages with complimentary fruit for the primary school children (ages 4 to 12) using the Coronavirus funding through the Oranje Fonds.



For four non-consecutive weeks, CF prepared packages containing a variety of craft items (watercolor paint sets, construction paper, glue sticks, glitter glue, pom-poms, yarn, stickers, holographic scratch paper, etc.) and fruits (based on the availability of what was in the store, we were able to source apples, baby carrots, etc.).



EASTER EVENT

We also had a special Easter themed package that included mini eggs, chocolates, and cupcakes in addition to the usual items. This Easter themed package was especially necessary as CF usually hosts a family day Easter egg hunt that is well attended, and due to the inability to host any gatherings, we wanted to ensure that children were still able to enjoy the day as much as possible.

ONLINE ACTIVITIES & FB LIVE

To pair with these packages, we also shared craft ideas on our social media pages based on what was included in the packages. This was to help generate ideas for parents who may have been struggling to come up with ideas for what their children could create with the items. A special Facebook live was prepared, hosted by two children who regularly attend Child Focus activities. They made a couple of different crafts, specifically related to Easter, including a Happy Easter greeting card.



ONLINE CHALLENGES

We also put out daily and weekly challenges to encourage children to stay busy and to share with us their creations in order to ensure that they were doing something constructive. There were also prizes for who had the most points at the end of the week. These challenges were also not just related to Arts and Crafts, but included various fitness and dance challenges, as we knew the importance of keeping the children moving. Kemaul Lee, who hosts Saba Fit, also did Facebook Live classes for anyone to join, and Roxana La Flor, the dance instructor did Zoom classes with her groups.



When more severe lockdowns were put in place, unfortunately we had to pause the compilation of packages as it grew increasingly difficult for staff to come out to the office and we also did not want to have many people gathering at the office to collect packages, thereby going against the stay-at-home orders.

However, during this time, we were able to get in contact with a local grocer, My Store, who was able to put together some items for us and deliver it to families most in need. It was particularly important to us as care givers and activity hosts to really put an emphasis on children being able to create and have fun. We chose arts and crafts packages as Arts and Crafts is the activity that occurs most for the week (Monday to Friday) and is always the first activity to be full when registrations start. We understand the importance of children using art as a medium to express themselves, especially during difficult times.



We decided to provide this as some parents may not have had the financial capacity to purchase these items during this time. In a period when the children were faced with this new challenge, it is important that we ensured their mental health was okay. The aim of using arts and crafts packages for children was to allow them to manage their behaviour, process their feelings, reduce stress and anxiety, and increase self-esteem in a time when the world was not as they are accustomed. We are extremely thankful to the Oranje Fonds (and by extension Samenwerkende Fondsen) for funding this project as it brought many smiles to the children on Saba during a difficult time.

SUMMER CAMP

Due to the pandemic and travel bans in place, Child Focus was unable to host the Lipscomb group as we usually do for summer camp. However, we were able to collaborate with Public Entity Saba and other local organizations and individuals who were willing to volunteer their time to do activities with the kids.

This was also a trial run for a 6-week summer program as opposed to our usual 2-week summer camp. This was mainly done due to the fact that CF and most stakeholders who work in the childcare/education (Afterschool Care, Saba Comprehensive School, Queen Wilhelmina Library, Saba Nature Education, Saba Conservation Foundation) believed that the Covid-19 pandemic definitely had a serious impact on the children, and we wanted to ensure that they had lots of options for activities and for a longer period, instead of the regular 2 weeks.



SABA YOUTH SUMMER PROGRAM

This summer camp was done under the name "Saba Youth Summer Program" to encapsulate all the organizations involved.

While it was beneficial for this period to collaborate, there were some shortfalls such as lacking clear leadership which caused many issues.



We were however able to offer some new activities such as a Spa Day with Sherilyn Hassell, who owns her own nail salon; Math is Fun, hosted by Floyd Pryce, a teacher at

the secondary school; Microscopic World with Rachel Robson, who is a lecturer at the Saba University School of Medicine, SPC is the way 2 B, with the Catholic Church, and Power packed Kids with the Seventh Day Adventist Church. These occurred alongside our regular summer activities, such as dance, cooking, gardening, arts and crafts and hiking.





There were also additional special events on Fridays, such as a Water Park, and on some weekends, there were Movie Nights at the Johann Cruyff Field.



Child Focus would like to thank all the organizations, as well as the teen volunteers and other members of the community, that came together to ensure that children of Saba were still able to have a fun filled summer experience, regardless of the difficulties faced in the past year, and that are still ongoing.





DANCE

Roxana La Flor began working with Child Focus in April of 2019 and has continued working tirelessly, especially during the Covid lockdown.

In 2020, based on many parents and children's growing interest in dance, we decided to do four to five dance classes per week instead of only the previous two. These classes focused on either ballet, jazz/pop/modern dancing, or hip hop. The children practice year-round to be able to perform for Saba Day, however this year, they were also invited to dance for a Breast Cancer Event in October.

BASKETBALL TOURNAMENT - EUX - SAB

Due to the fact that both Saba and St. Eustatius had been without any Covid-19 cases for a long period of time (especially no local transmission), it was decided that Saba could host a mini-tournament for the children.

The group from Statia arrived early on Friday morning and played on the Child Focus playground and visited different places in Windwardside. At 5:00 p.m., the children then had their first basketball match at the gym in St. John's. This was followed by some friendly games – knockout, 3-point shooting contest, etc. On Saturday morning, at 10:00 a.m., the children also had another basketball match. These types of events help to motivate the children and give them something to look forward to, as they form bonds with their neighbours on other islands, all whilst building a competitive spirit.



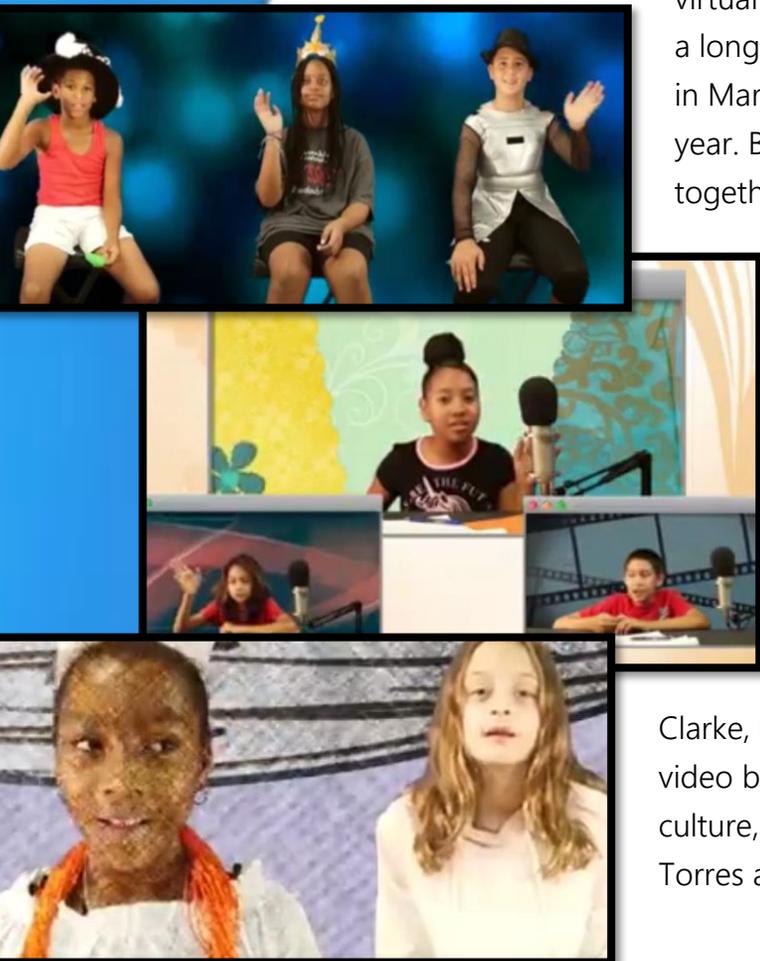
UNICEF CHILDREN'S RIGHTS FILM FESTIVAL

Although there were many delays due to the pandemic with regards to the Children's Rights Film Festival, we were still able to have three groups make their films on their favorite Children's Right. In February, the children were asked to depict their favorite right, either through a story/essay, or through a drawing. Once submitted at the schools, their essays and drawings were displayed outside Child Focus for two weeks for the public to view. Three students from the high school were then asked to be the judges and following the UNICEF scoring, decided which of the submissions got the most points. The winners in order were: Quinten van Drunen (the right to have healthy food), Marielys Torres (the right to their own culture, language and religion) and Keon Peterson (a right to an education).

Initially, the films were supposed to be done by May, however, the date was pushed back to October (for the local premieres) and November (for the

virtual finale). Because of this, the children had to wait a long time in between, from the time of the drawings in March to then begin filming in the last quarter of the year. By September, the groups were able to come together and with the help of Dahlia Hassell (Project Coordinator for the CRFF Saba) and Adam Watkins (tech/video editor), the children made three very unique videos.

The first was done in the format of a gameshow on the right to healthy food (Quinten van Drunen, Jenee Matthew, Ruegenne Matthew, Elisey Richardson). The next video was done as an animation on the right to an education (Kristin Zagers, Kamala Clarke, Keon Peterson). The third video was a music video based on the right every child has to their own culture, language and religion (Travon Johnson, Marielys Torres and Jose Rodriguez).



The local premiere took place on October 10th at the Eugenius Center, hosted by CF Program Manager Sapphire Ramkissoon. Decorations and planning for the event were handled by Dahlia Hassell and her team. The event was well attended and after much deliberation, the three judges decided that the winning video was the game show on the right to healthy food.



This video was then sent in to the finals for the Children's Rights Film Festival, for which there was a virtual premiere on November 21st. This virtual premiere was hosted at Child Focus and the parents of the children who were involved in making the videos attended, as well as the Governor of Saba and his son. Although our group did not win, the children were grateful for the opportunity to make their own videos and for the experiences they were able to have whilst making them.

HALLOWEEN EVENT

Our annual Halloween event took place on October 30th, 2020 and was well attended. There were special Halloween themed games such as ring toss with witches' hats and Halloween Bingo. The highlight of the evening was the Haunted House which we were able to put together with the help of the Saba Leos (Vernisha Robinson, Kimson Guerrier, Jade Every, Elizabeth Tanner). Children lined up multiple times to visit the Haunted House repeatedly.



Child focus has continued making an effort to not only include Halloween candy, but also healthy snacks such as oranges and apples which were decorated in accordance with the Halloween theme.

CF would like to thank those who were able to sponsor the prizes for the games and for Best Costume - Satel for their gift cards; Saba Lions Club for toys; and all parents who donated items/gift cards.



CHILDREN'S RIGHTS WEEK

During the week of the 16th November – 20th November, Child Focus organized a number of activities with specific themes related to Children's Rights. Even more specifically, we chose to focus on some of the rights that won the drawing competition for the UNICEF Children's Rights Film Festival: every child has a right to healthy food and every child has a right to their own language, culture and religion.



On Wednesday 17th November, PES hosted their annual Child Rights Expo market. CF participated by providing face painting and sno-cones. The Theater group, led by Tr. Kerese, also performed a dub poem on the rights of the child.



On Thursday 18th November, a group of 10 children took a trip to the Saba Reach garden in the Level, hosted by Director, Pieter van Amsterdam, and Garden Manager, Sam Frederick. They gave the children a tour of the garden and explained what it means to have an organoponic garden.



After this lesson, the children were quizzed, and two of them won a prize – a Saba Reach gift card. They were also able to emphasize what they learned by being able to make their own healthy sandwich. They washed and cut their own vegetables and prepared their own meals, something they were very proud of.



On Friday 19th November, the CF staff put specific emphasis on the right “Every child has the right to practice their own language, culture and religion”. At Child Focus, we are fortunate to have a truly diverse staff and for this reason, we decided to use different foods from everyone’s background to showcase different cultures.



To represent Jamaica, Arts Coordinator, Kerese Chamberlain made jerk chicken with rice and peas; to represent Tennessee, Sports Coordinator, Lauren Risley made banana pudding; and to represent Trinidad and Tobago, Program Manager, Sapphire Ramkisson, made aloo/potato pies and barfi (Indian delicacy) cheesecake. The children were very intrigued by the various foods they had never been exposed to before and have made many requests for a day like this to occur again.

SABA DAY ACTIVITIES



As is now customary, the dance groups, led by Tr. Roxana, performed on the morning of Saba Day at the opening ceremony at the Princess Juliana Field.

Many practice sessions were held in order for them to get the choreography right and the children were very pleased to be able to perform for their parents and the community at large.

After months of preparation, the children did exceptionally well as they performed on stage, some of them for the first time. The three groups consisted of 11 ballet dancers (ages 4 to 8), 4 jazz dancers (ages 4 to 8) and 10 hip-hop dancers (ages 8 to 12).

Later in the day, the children were also invited to play various field games, in collaboration with Public Entity. On Sunday, CF did face painting at the Fort Bay, and there was also the annual kite flying competition in collaboration with Saba Conservation Foundation.



GET TO KNOW Sports Coordinator Lauren Risley



Lauren Risley is a Lipscomb alumni with a Bachelor's of Science in Exercise Science and an MBA. She has visited Saba 11 times prior to 2019 and has also done other mission work at City of Children in Baja, Mexico.

“Having a coach for a father meant that I was practically raised in the gym, and started playing sports as early as I could.”

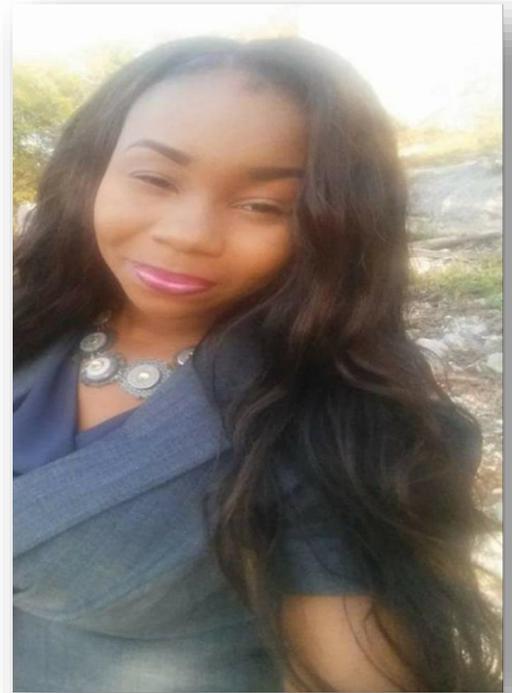


Prior to working with Child Focus, she spent time as a Volleyball Coach, Physical Therapy Technician and even worked in the administrative department for Nashville's NFL Team, the Tennessee Titans. Due to her numerous trips to Saba with the Lipscomb group for the Child Focus Summer Camp, Lauren is well acquainted with the community and the children. This meant that it was quite easy for her to get accustomed to living on Saba and working with the children in a more pivotal and regular role.



GET TO KNOW Arts Coordinator Kerese Chamberlain

Kerese Chamberlain hails from the island of Jamaica and has experience working at various schools there. She studied Teacher Education at the Catholic College of Mandeville and served as a teacher in three different Early Childhood/Primary schools over a 12 year period, taking the lead in the development of visual and performing arts and literacy intervention programs at these institutions. For these reasons, she was well prepared for her role at Child Focus. Based on her education, training and experience, she has been able to achieve her goals for children through a fun, play based approach.



“My greatest passion is helping young children make sense of the world through activities and interactions which promote holistic development.”

At Child Focus, she has been able to continue building on this passion through her daily interactions with the kids. Kerese hosts Arts and Crafts from Mondays to Fridays, as well as Theater, Board Games, Folk Dance and even started a reading initiative with the younger children, which we dubbed, “Books and Beyond”. One thing that may have also helped her in her role working with children is that she watches cartoons religiously.



CONSCIOUS DISCIPLINE WORKSHOP

Although we could not travel this year, the Conscious Discipline cohort from 2019 that traveled to Aruba for a workshop, took it upon themselves to provide training for all those in education, childcare and for parents, to attend a Conscious Discipline seminar that they put together. This workshop took place on the evening of December 14th and was attended by many. The group focused on some major points in Conscious Discipline such as Safe Space, Transitions and Wish Well.



This was especially important as the examples were focused on what the current circumstances are on Saba – it was more practical, as this group knows the children here: they know what they need, they know what tools would work, what currently does not work or what needs to be put into practice more. The point of offering it to everyone on island – parents, caregivers, teachers, activity leaders - is so that the same tactics can be used at home, in school and during activities. This helps the child to recognize patterns and to know that if they exhibit certain behaviour, no matter where they are, the same consequences, or methods will be used to handle the situation.



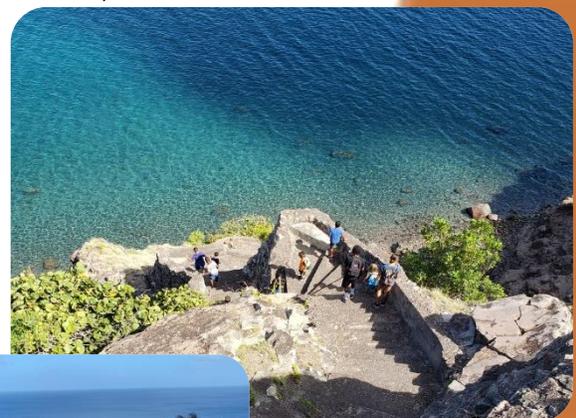
CONCLUSION



While the world was separated for most of the year for 2020, the pandemic truly showed us the benefit of having a tight knit community as we do on Saba. The importance of having local volunteers, who are responsible and reliable, and employees who take special care with children truly emphasized the motto of Child Focus – It takes a village to raise a child. We could not have survived the year without each other lending support in any way possible.

At the end of 2020, our Sports Coordinator, Lauren Risley, unfortunately resigned. However, we have a number of candidates who are on island who show promise and are dedicated to working with children and motivating them. Having coordinators not only provides more consistency for the activity, but it is also important to have someone who forms a constant relationship with the children to help anchor them and provide them with a stable bond.

One major goal for 2021 will be promoting environmental awareness and body positivity (in tandem with anti-bullying). Living on an island as beautiful as Saba, we hope to encourage children to see the beauty of the island and appreciate it by encouraging them to be more environmentally aware. In much the same way that they may not recognize the splendor of the island, we hope that they learn to see the beauty within themselves and become more self-accepting. We will also continue collaborating closely with After School care, and other organizations, to ensure that the children of Saba are able to take part in activities that they enjoy as we all work towards the holistic development of each and every child on Saba.



PROJECTED GOALS FOR 2021, ACTIVITIES & EVENTS

January	Basketball Tournament with Statia
February	Begin preparations for Easter Event
March	Welcome new Sports Coordinator
April	Easter Family Day, Basketball Tournament with Statia
May	Saba Doet, Soccer Tournament, Dance recital
June	Preparations for summer camp
July	Summer Camp Mega D Collaboration - Trip to Statia
August	Preparations for new school year activities
September	Start of new activity schedule
October	Halloween Family Fun Day
November	Children's Rights Week
December	Saba Day activities Dance Recital

- Reverting to original summer camp program
- Training a local coach to do swimming
- More DIY projects / zero waste projects
- More events for parents to see the children's progress