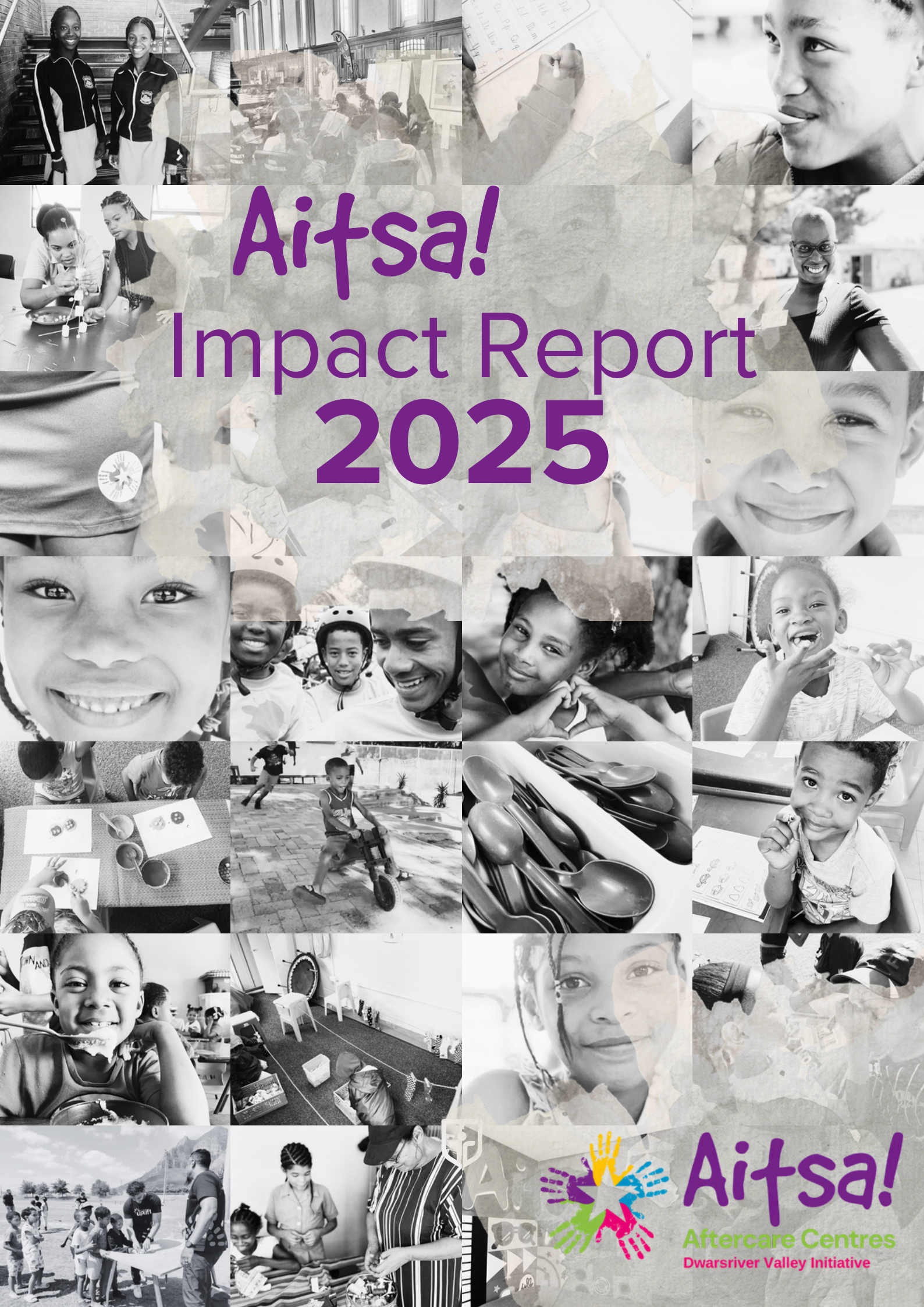




Aitsa!

Impact Report

2025

Aitsa!
Aftercare Centres
Dwarsriver Valley Initiative



Foreword

At Aitsa, we are committed to supporting children, youth and families in the Dwarsriver Valley through structured, consistent and relationship-based programmes. Our work includes educational support, daily nutrition, sport and recreation, arts and culture, psycho-social support, parent engagement and skills development.

This report reflects our reach and impact in 2025 across both our primary school and youth centre sites. It shows the practical ways in which children and young people are supported — through homework sessions, tutoring, meals, sport programmes, skills development and meaningful opportunities that contribute to their growth and well-being.

None of this work happens in isolation. It is made possible through the ongoing support, partnership and commitment of our sponsors, donors, volunteers and Aitsa Friends. Your investment enables us to continue showing up consistently and to create spaces where children and youth are supported, encouraged and given the opportunity to grow.

Thank you for your continued trust in Aitsa and in the work we do.

*“Every child deserves a chance to grow,
learn and thrive.”*



Nutritional

Nutritional Programme

The Nutritional Programme supports learners' wellbeing by providing consistent access to daily nutritious meals, contributing to their health, concentration, and ability to participate fully in programme activities.

Overview of Support

- Approximately 275 learners receive meals each weekday
- Meals include a balanced cooked meal and daily fruit
- Many learners receive second helpings, ensuring no child goes home hungry

Impact and Reach

- Approximately 35,000 meals were served during the year
- Meals are often the most reliable and nutritious meal of the day for many learners
- Additional support includes food parcels and emergency relief for vulnerable families

Programme Delivery

- Daily preparation by kitchen staff across both sites
- Support from volunteers and partner teams
- Ongoing efforts to maximise resources while maintaining nutritional value

Impact on Learners

- Improved energy, focus, and participation
- Greater engagement in learning and programme activities
- A noticeable positive impact on overall wellbeing



"A child cannot learn
on an empty
stomach."



Educational

Education Programme

The Education Programme supports learners academically across both the Junior Phase (Grades R–3) and Senior Phase (Grades 4–7), with a focus on foundational skills, academic progress, and learner confidence.

Junior Phase (Grades R–3)

The Junior Phase focuses on building strong academic foundations, supporting approximately 120 learners across Grades R–3, with consistent participation throughout the year.

Academic Progress and Achievement

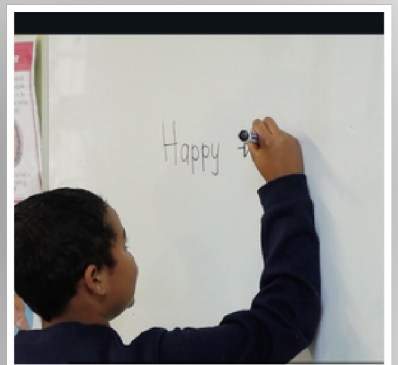
- Growing independence in completing homework
- Improved reading confidence and foundational literacy skills
- Stronger engagement in schoolwork
- Several learners achieved Top 10 positions across Grades R–3

Targeted Support

- Small-group learning provided individualised academic support
- Focus on phonics, letter recognition, word building, and early reading
- Improved concentration, listening skills and confidence
- Occupational therapy support for selected Grade R learners

Individual Progress

Learners who initially struggled with speech, emotional regulation or academic challenges showed meaningful improvement in confidence, participation and engagement over time.



Educational

Senior Phase (Grades 4–7)

The Senior Phase supported 89 learners across Grades 4–7, with a focus on sustained academic support and increasing learner independence.

Attendance patterns reflected stronger participation in the lower grades, with a gradual decline in the older grades.

Academic Achievement and Recognition

- Multiple learners across all grades achieved Top 10 positions
- Grade 4: 5 Top 10 learners, with additional sport recognition
- Grade 5: 2 Top 10 learners, with awards in sport, culture, and most improved
- Grade 6: 5 top achievers, including a 2026 prefect and provincial rugby representation
- Grade 7: 4 Top 10 learners, including the top academic achiever

Programme Context

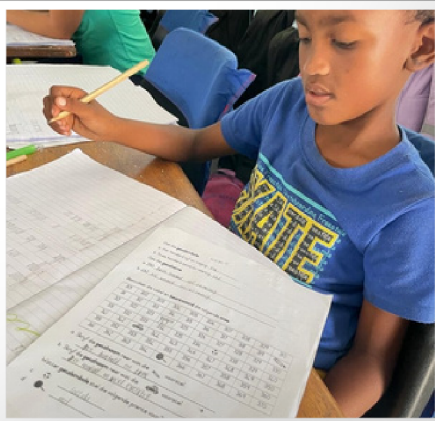
- Grade 4 showed a strong transition into the phase
- Grade 5 maintained high levels of engagement
- Grade 6 was impacted by staff turnover and changing group dynamics
- Grade 7 maintained strong retention and growing responsibility

Staff Development

- Training in behaviour support and emotional regulation
- Input on online safety and learner wellbeing

Individual Progress

Learners showed noticeable improvement in confidence, behaviour and participation, engaging more positively in both learning and peer relationships.



“Knowledge gives a child the power to choose their future.”



Psycho-Social

Psycho-Social Support Programme

The Psycho-Social Support Programme provides targeted support to learners facing emotional, behavioural, and social challenges, promoting wellbeing, resilience, and healthy relationships.

During 2025, 21 learners received structured weekly individual counselling, with an additional 10 learners participating in group interventions. These sessions formed part of consistent, ongoing support aimed at strengthening emotional regulation, social skills, resilience, and overall wellbeing.

Many children in South Africa face significant emotional and social challenges, highlighting the importance of accessible psycho-social support

Key themes that emerged during the year included:

- Family instability and relational challenges
- Anxiety and emotional regulation
- Peer relationships and conflict
- Behavioural difficulties
- Self-esteem and identity
- Trauma and loss
- Academic-related stress

Through this support, positive progress was observed in learners' confidence, emotional awareness, and ability to engage more constructively within both the school and aftercare environment.

"Healing begins
where a child feels
safe."



Sport Programme

The Sport Programme provides learners with opportunities to develop physically, socially, and emotionally through structured sporting activities that promote discipline, teamwork, and resilience.

Participation

The following sporting codes were offered during the year:

- Soccer – 35 learners (weekly sessions)
- Netball – 67 learners
- Mountain Biking (MTB) – 24 learners (weekly sessions)
- Chess – 28 learners (weekly sessions)
- Rugby – 70 learners (weekly sessions)
- Athletics – 30 learners
- Kinderkinetika (Grade R–2) – ±90 learners (weekly sessions, Terms 1–3)

Learners participated in various fixtures, tournaments, trials and cluster competitions throughout the year.

Growth & Achievements

Across all codes, noticeable growth was observed in fitness, coordination, discipline, teamwork and self-confidence.

- Soccer strengthened teamwork, self-discipline and motivation.
- Netball showed strong improvement in coordination, communication and leadership, with learners participating in regional festivals and tournaments.
- Mountain Biking resulted in podium placements at regional and district level, and three learners participated in scholarship trials.
- Chess learners competed in Cape Winelands trials, with one learner selected for the Cape Winelands Development team.
- Rugby contributed to resilience and character development, with one learner selected for the Boland u/12 B team.
- Athletics learners participated in trials and athletics days, with one learner achieving first place at a competitive event and another selected for a winter camp.
- Kinderkinetika, presented in partnership with Stellenbosch University students, supported foundational motor development and confidence among younger learners.

Sport at Aitsa is not viewed merely as recreation, but as a platform for character formation, motivation and positive identity development.





"Sport has the power
to change the world."
- Nelson Mandela



Arts & Culture

Arts & Culture Programme

The Arts & Culture Programme creates opportunities for creative expression and personal growth through a variety of artistic and cultural activities.

Activities included

Choir (25 learners, weekly),
Worship Dance (16 learners, bi-weekly),
Hip-Hop Dance (6 learners),
Needlework (8 learners, weekly),
Art (20 learners, weekly), and
Recorder (16 learners, twice per week).

Several groups took part in the prize-giving event, and the Choir also performed at the official opening of the Astro turf.

Leadership growth was also evident, with learners stepping into responsibility roles — including learners who served as a coach.

Across the programme, learners showed strong commitment and consistency. In Needlework, almost all participants completed at least one finished item. In Art, noticeable talent and development were observed. The introduction of Recorder as a new activity was met with excitement and enthusiasm from learners.

Discussions are currently underway with Woordfees and Paarl Eisteddfod for potential participation in 2026.

“Creativity is
intelligence having
fun.”
Albert Einstein



Spiritual

Spiritual Development Programme

The Spiritual Development Programme supports learners in their faith journey by creating space for spiritual growth, values formation, and the development of identity and purpose.

Primary School

Bible lessons were presented daily in class using the Ivangeli Curriculum. These sessions help learners understand Biblical principles and apply them in practical ways in their relationships and choices.

A dedicated Spiritual Development and Life Skills Facilitator works with learners at primary level, walking a discipleship journey with those who express a desire to deepen their relationship with God.

Weekly assemblies created space for teaching from Scripture and times of worship, often led by speakers from different churches and organisations.

At the end of the year, a combined worship evening was hosted in collaboration with other NGOs in Kylemore. This gathering created a meaningful opportunity for learners to worship together and publicly express their faith within a broader community context.

Youth Programme

The Youth Programme included weekly devotional times with guest speakers sharing the Word.

Structured spiritual programmes were presented according to age group:

- Grades 8–9: Alpha Youth
- Grade 10: Purity
- Grades 11–12: Touching Hearts

Monthly youth evenings brought learners together for worship, testimonies, games and shared meals, strengthening both faith and relationships.

Both primary and high school learners attended weekend camps during the year, where focused teaching on Biblical themes was combined with shared experiences and relationship-building.



“Let all that you do be done in love.” - 1 Corinthians 16:14

Parent

Parent Programme

Aitsa recognises parents and caregivers as key partners in the development and wellbeing of each child. The Parent Programme creates structured opportunities for information-sharing, guidance and relationship-building.

Parent Evenings (4 sessions)

Topics presented during 2025 included:

- Digital Safety & Social Media Awareness (presented by STOP)
- Building Healthy Families (presented by an Occupational Therapist)
- Child Development & Sexuality (presented by a Clinical Psychologist)
- Creating a Learning Environment at Home

Parent attendance remained steady throughout the year. The sessions on digital safety and child development were among the strongest attended evenings.

Parent Bonding Day

- Intentional parent-and-child activities
- Focus on connection, shared experiences and positive affirmation
- Strong parent participation

Sport Day

- Internal house sport competition (Blue vs Green teams)
- Parents attended to support and encourage their children
- An opportunity for families to celebrate participation and achievement together

Report Days (2)

- One-on-one conversations between teachers and parents
- Narrative-based discussions celebrating strengths and identifying growth areas
- Highest levels of parent attendance recorded during the year

Additional Grade-Specific Sessions

- Grade 5: Puberty discussion with parents and learners
- Grade 6: Conversations on drugs, alcohol, smoking and social media

Through these structured opportunities, Aitsa continues to strengthen its partnership with families and support parents in their role at home.



“Strong families
build strong
communities.”



Youth Centre

The Aitsa Youth Centre provides a safe, structured space where high school learners are supported during a critical and often vulnerable phase of their development. The programme focuses on academic support, personal growth, and preparing youth for life beyond school.

Programme overview

- Tutoring and homework support
- Life skills and personal development
- Spiritual development and mentoring
- Sport and recreational activities
- Skills development opportunities

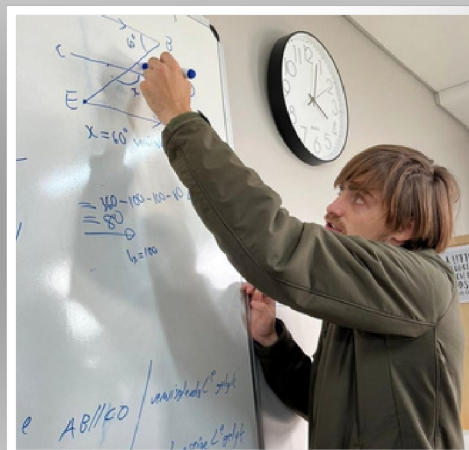
Why this matters

- **The high school years are a critical and often vulnerable phase, where many young people begin to disengage from school or lose direction**
- **Without consistent support and positive spaces, young people are more likely to be exposed to negative influences and risky environments**
- **Access to safe, structured after-school programmes plays a key role in supporting retention, wellbeing, and positive life choices**

Reach

- ±50 learners (Gr 8–12) in 2025, planning to grow to 125 in 2027

The Youth Centre creates a space where young people are known, supported, and given the opportunity to grow into confident and capable individuals.



Skills Development

The Skills Development Programme equips learners with practical, hands-on skills while building confidence and exposing them to real-world opportunities.

Programme overview

- Gr 8–9: rotation through foundational skills
- Gr 10–12: year-long specialisation
- ±50 learners participated

Skills offered

- Cooking / Chef
- Hairdressing
- Handyman
- Sewing
- Agriculture
- Sound engineering
- Entrepreneurship

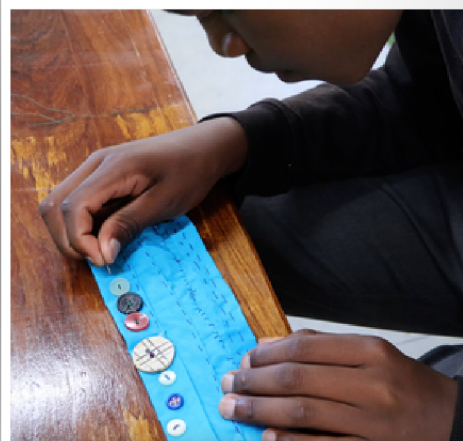
Why this matters

- **Youth unemployment in South Africa remains above 40%, particularly among young people without practical or technical skills**
- **Exposure to vocational skills increases opportunities for both employment and entrepreneurship**
- **Hands-on learning builds confidence, problem-solving, and real-world readiness**

Impact

- Strong learner engagement across all skills streams
- Increased confidence through practical learning
- Exposure to possible career pathways
- Development of transferable life skills

Through this programme, learners gain not only skills, but also confidence, direction, and a sense of possibility for their future.



Klipkraal Astro

A major milestone for Aitsa was the opening of the Klipkraal multipurpose astro at the Youth Centre — a space created to expand access to safe, structured sport and recreation for young people in Kylemore.

Partnership and development

- Klipkraal was built in partnership with the Open Play Foundation
- Land made available through the generous support of Yellowwoods and the Enthoven family
- The astro project was made possible through funding from:
 - Capitec (primary funder)
 - Open Play Foundation
 - Stellenbosch FC
 - Stellenbosch Academy of Sport (SAS)
 - Global United FC Africa Foundation
 - Rama

About Klipkraal

The name Klipkraal is derived from a Khoi word meaning “stone enclosure” (l’Ui lxaib). The name honours the heritage of the land and recognises the first communities who lived in this area.

More than a sports field, this space represents a place of safety — a protective environment where young people can grow, belong, and be supported. Built using natural materials from the land itself, Klipkraal stands as a reminder that strong communities are built through care, effort, and relationships.

Impact of the space

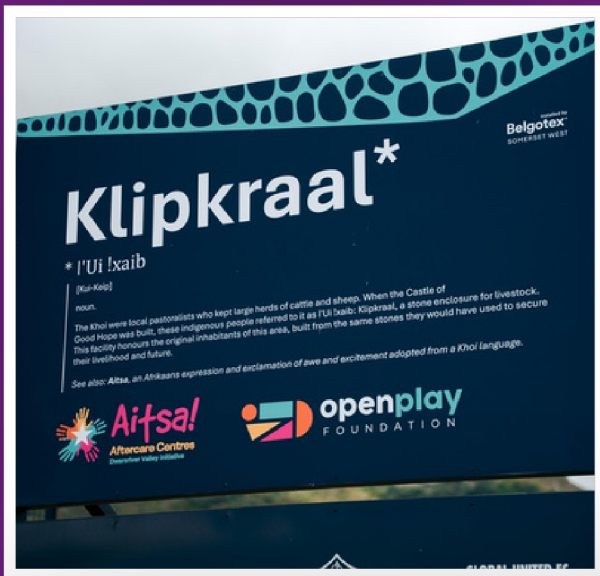
- Provides a safe, accessible environment for sport and recreation
- Used for soccer, netball, and structured youth activities
- Creates opportunities for both primary school learners and youth
- Encourages positive use of time after school
- Builds confidence, teamwork, and a sense of belonging

Looking ahead

- Continued partnership with the Open Play Foundation
- Structured coaching programmes to support both primary and high school learners
- Ongoing development of sport as part of holistic youth development

Klipkraal is more than a facility — it is a fortress of safety, a space of belonging, and a symbol of what is possible when communities build together.





Thank You

As we reflect on the year that has passed, we are reminded that the true impact of this work is found in the small, consistent moments — the daily presence, the relationships built, and the spaces where children and young people feel seen and supported.

We are deeply grateful to all our funders and partners who make this possible. Your support creates stability and continuity, allowing this work to grow in depth and not only in reach.

To our staff, volunteers, and wider community — thank you for the care, commitment, and energy you bring each day.

As we step into the year ahead, we do so with gratitude and hope, knowing that together we are continuing to build something meaningful.



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