



St. Theresa Kaseye Girls' Sec. School
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date: 19th February, 2019.

From: The German bursary matron, Kaseye Girls' Secondary School, P/Bag 7, Chitipa.

To: The German Bursary committee, Germany

Re: **TRAINING ON RUBY CUPS BY LUCY NKHOMA**

As per the caption above, this is to inform your office that the training on the menstrual cups (Ruby cups) which was scheduled for 16th to 17th February, 2019 by Lucy Nkhoma was conducted. It was a weekend full of lessons, openness as well as fun.

The training, which comprised of five sessions in total, tackled topics on the advantages of the cups, how to insert the cups, how to take care of the cup, as well as the environmental friendliness of the cup.

The first session of the training involved the whole school. In the session, the students were oriented on the advantages of the cup. But before the topic was tackled, students were involved in different activities with the aim of bringing them closer to the topic hence open up to the same. Demonstrations of how the cup is inserted were also done.



Later, the students were divided into the groups of 25 (the 100 students who received), where they had a greater closeness to the training. The students opened up to the topic by first sharing their experiences when they had their menses first and how they felt about it. They also explained on how they manage their menses now where it was discovered that most of them

incur challenges because they cannot manage to buy sanitary wear. As such they were so thankful of the ruby cups.



The training which ended on Sunday, the 17th of February, left many students smiling as their problems of buying sanitary wear as well as an un-comfortability when attending classes had come to the end.

This has however left many students who have not received the cups to wish they had their own as well. The students have received the idea of using the ruby cups with a positive attitude. As such, it is our request that should finances allow, more ruby cups may be purchased



The management of the school together with the students appreciate your office for coming to the rescue of the girls who face a lot of challenges when that time of the month comes. We don't take it for granted.

Fiskani Kaombe (Mrs.)