

**ST. PATRICK'S MISSIONARY SOCIETY  
SAFEGUARDING CHILDREN PROGRAMME, EAST  
AFRICA**



**DAY OF THE AFRICAN CHILD CELEBRATIONS, 2020:  
OUR REFLECTIONS**



**FOR PRIVATE CIRCULATION**

**SPECIAL THANKS TO MISEAN CARA FOR SUPPORTING OUR  
SAFEGUARDING PROGRAMME**

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**Some personal information redacted to safeguard privacy.**

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St. Patrick's Missionary Society, Safeguarding Children Programme E.A.

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**INTRODUCTION**  
**BY: FR SEAN BARRY,**  
**DIRECTOR; ST PATRICK’S SAFEGUARDING CHILDREN PROGRAMME,**  
**DISTRICT OF EAST AFRICA.**

The Day of the African Child, in our Programme, is usually a day of joy and celebration for our children.

This year is very different. We are living in strange times because of the Coronavirus (also known as covid-19). Schools and churches are closed. Children cannot meet up with their friends. Many are lonely. Many are living in fear because of what they are hearing about covid-19 and its dangers. Some are happy that there is no school. Our countries are in curfew. New terms like lock-down, cocooning, quarantine, social distancing, frequent washing of hands with soap or use of sanitizers, tippy taps and wearing of face masks are now part of normal conversation. Families are struggling due to loss of income and jobs because of the shut down in the economy. These are indeed extraordinary times we are living in.

We thought it is important that the experiences of those living in these times be recorded. So, to celebrate the Day of the African Child for this year, we invited different people involved in our programme to write their feelings, experiences, hopes and fears of this time. We asked children to express through writing or art something of what life is like for them at present – even though it is difficult to access children because of the lock-down. We invited members of our various Parish Safeguarding Committees to write and we asked our Parish Priests to share what it is like to be ministering in a parish where the usual activities like Sunday Mass are not taking place.

We thank all who have taken time to express themselves and we offer their enriching contributions in this Compendium or collection of articles which we are distributing electronically. It is important that the experiences of this present time be shared. It can be a help and support to us when we read what others are experiencing. We will read of different ways in which individuals and parishes are reaching out to those in more severe need. We will read that it isn’t all negative. There are so many uplifting stories to be told of this time. These can be a source of encouragement



and hope to us. Our parents will get different ideas of how to parent their children and look out for opportunities and risks. Our priests are discovering that there are other ways of ministering opened up for them by this pandemic.

Pope Francis, as well as others, is calling us to reflect on what life will be like after this pandemic is over. Some are using the phrase “the new normal.” Our Christian vocation and our experience during Covid-19 challenge us to make sure the new normal will not be like the old normal. It is almost like an opportunity for a “New Creation”. This crisis is calling us to read the signs of the times and to listen to the voice of the Spirit in what is going on in the world. Already because of the sickening murder of George Floyd in US, there is a huge new awareness of the evils of racism and, it seems, a desire to change. This new awareness may not have gone so deep were it not for the soil being made ready in people’s hearts by the time of silence and reflection brought about by covid-19.

Hopefully our Compendium of experiences during this time of covid-19 will contribute to a raising of awareness in our countries of Kenya and South Sudan on how we are treating our children and lead to action towards change. Is it right that children have to grow up in densely populated informal settlements where basic amenities of life are absent or that girls have to live in fear of being married at a young age against their will or that so many of our children are schooling in over-crowded classrooms?

On behalf of the Safeguarding Programme of St Patrick’s Missionary Society, District of East Africa, I present this Compendium to you. Enjoy it but also allow these shared covid-19 experiences to raise questions, to spur us all to create a different “new normal” for the children of our world.

Fr Sean Barry, Director,  
St Patrick’s Safeguarding Children Programme,  
District of East Africa.



“Already because of the sickening murder of George Floyd in US, there is a huge new awareness of the evils of racism and, it seems, a desire to change. This new awareness may not have gone so deep were it not for the soil being made ready in people’s hearts by the time of silence and reflection brought about by covid-19.”- Fr. Sean Barry <sup>1</sup>

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<sup>1</sup> (Stock photo by Samuel Martins, unsplash.com)

**ACCESS TO A CHILD-FRIENDLY JUSTICE SYSTEM IN AFRICA**  
**BY: THOGORI M. MATHENGE**  
**ASSISTANT DIRECTOR/PROGRAMME ADMINISTRATOR/TRAINER,**  
**ST PATRICK’S SAFEGUARDING CHILDREN PROGRAMME; DISTRICT OF EAST**  
**AFRICA**

The theme to this year’s Day of the African child celebrations is ‘Access to a child-friendly justice system in Africa’. This theme has become particularly relevant in the wake of the COVID-19 pandemic.

In Kenya for instance, we sadly observed within a month of self-isolation measures, a spike in cases of sexual abuse against minors. The increase in sexual abuse cases was so significant that it prompted the Chief Justice (CJ) and Director of Public Prosecution (DPP) to issue statements cautioning the public to be vigilant. Following an increase in cases of online child abuse, the Directorate of Criminal Investigation (DCI) similarly released a statement sensitizing the public on potential threats to the safety of children on online learning platform.

The higher incidence of crimes against children is a demonstration of their heightened vulnerability during this pandemic. The foundation of any child friendly justice system is legislation that mitigates the vulnerability of children and clearly prescribes their rights.

The United Nations Convention on the Rights of the Child (UNCRC) and the African Charter on the Rights and Welfare of the Child (ACRWC), both of which are widely ratified in Africa, have revolutionised the legislation of Children’s rights by providing guiding principles. A child friendly justice system encompasses these principles which include; the best interest of the child, respect of the views of the child or including child participation, non-discrimination and the right to life, survival and development.

Another fundamental element of a child-friendly justice system is judicial and law enforcement structures that are specialized to handle children’s cases. It is important to have a Children’s court with judicial officers that are sensitive to the rights and needs of children and trained to interact

with victimized or delinquent minors. Following a declaration that “every court is a Children’s Court”, Kenyan courts observed that some basics of child friendly litigation such as in camera proceeding (as opposed to open court proceedings), were being increasingly compromised. Thankfully, Kenya and most other African countries, have prioritized the best interest of the child and adapted their judicial systems and law enforcement to promote it. In addition to specialized courts, a child friendly legal system should introduce specialized units within law enforcement such as DCI’s Anti Human Trafficking and Child Protection Unit (AHTCPU) to offer specialized investigations, create databases and carry out research that promotes the well-being of children. Kenya has adopted these measures.

One major encumbrance to justice for children is low reporting. Often times, the perpetrator is someone close to the victim such as a close relative and the children have no one to tell. In addition, children lack resources such as money to visit police stations and file reports. Fear is also a contributing factor to low reporting rates (including the fear of law enforcement). The introduction of toll-free hotline numbers and gender desks in police stations are progressive measures aimed at increasing children’s access to justice, however, there is need for awareness raising campaigns specifically geared towards allaying children’s fears of law enforcement. There is also need to ensure that each police station has a gender desk and that the officers responsible for handling child related matters are well trained and accountable for their handling of these sensitive matters.

For children in conflict with the law, a child friendly justice system is centered around rehabilitative rather than retributive sanctions. This is the reason why countries such as Kenya sentence children to rehabilitation centers rather than prisons. There is some need to improve the education offered within corrective institutions including remand homes. Children have a right to an education, yet, children in conflict with the law often find their education irreparably comprised as they go through judicial process.

A child friendly justice system should provide legal representation for all children. Unfortunately, in remote areas where legal services are often not available, the right to legal representation is compromised. Judicial systems in Africa should provide state representation for children rather than relying on private practitioners to volunteer as is the current norm

Finally, a child friendly justice system is one supported by the private and civil society. For instance, the Church in Kenya is at the forefront of providing safe-houses for children in the absence of state-run facilities. Initiatives such as Nyumba Kumi are imperative in prevention and intervention of crimes by and against children. To create a child friendly justice system, we must shun traditions that are repugnant to children's rights as a society; initiatives such as our safeguarding programme and societal contributions such those of our volunteer safeguarding committees, with parish support, are key in promoting access to child-friendly justice.

Above all, we must continue to trust God, through the spirit, to guide us in our efforts to safeguard our children without fear or favour. "For the Spirit that God has given us does not make us timid; instead, His Spirit fills us with power, love, and self-control."- 2 Timothy 1:7



"The higher incidence of crimes against children is a demonstration of their heightened vulnerability during this pandemic. The foundation of any child friendly justice system is legislation that mitigates the vulnerability of children and clearly prescribes their rights."- Thogori M. Mathenge.<sup>2</sup>

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<sup>2</sup> (Stock photo by Ban Yido, unsplash.com)

**THE DAY OF THE AFRICAN CHILD**  
**WRITTEN BY: EUNICE MAJUMA**  
**CHILD PROTECTION TRAINER, ST PATRICK'S SAFEGUARDING CHILDREN**  
**PROGRAMME,**  
**DISTRICT OF EAST AFRICA, LODWAR OFFICE.**

This is a day that is set aside by African countries to remember how children in South Africa were massacred in 1976 when advocating for their rights to Education. It has been celebrated in Kenya since 1991 and in South Sudan especially in Riwoto and Narus parishes of Diocese of Torit since 2018. Every year a theme is picked to evaluate progress as to how the countries deal with children's situations. For this year the theme is "Access to a child – Friendly justice system in Africa."

The theme is important as it aims to look at the justice system especially in guaranteeing, fair and speedy delivery of justice to children. This means that access to justice is a human rights concern and therefore a foundation to promotion of all human rights which are children rights too.

Kenya and South Sudan are a signatory to UNCRC (The United Nations Convention on the Rights of Children) which makes child abuse a crime and The African Charter on Children's Rights (1990) that was specific to African context prohibiting child marriages, recruitment and use of child soldiers in conflict and promotion of education for young mothers.

In Kenya for example there are a number of laws and policies put in place to ensure that children are protected from harm or abuse. The Constitution of Kenya (2010) which is the Supreme law article 53 provides for the rights of children. The Children's Act, Sexual Offences Act and the Basic Education among others.

In South Sudan we have the Transitional Constitution of South Sudan sect 17 provides for the protection of children against exploitative practices or abuse, discrimination, corporal punishment or works that are hazardous. The child Act 2008 and General Education Act 2008. It should be noted that the written law supersedes culture in all situations.

There are a number of institutions that are responsible in ensuring that justice is dispensed in Kenya namely the Kenya police, the judiciary, the Department of children services, the Director of public prosecution and probation. In South Sudan the police and judiciary are among the institutions responsible in dispensing justice.

The scenario in Lodwar and South Sudan is characterized by lack of essential justice system or structure. In Lodwar for example the Department of children services had 3 officers only serving seven sub counties, there are 3 law courts and a mobile High court other places get mobile services. There are no children cells at the police stations nor remand home therefore adult offenders mix with children in conflict with the law. There are no rescue services for children abused by close family members either.

The borstal institutions are in Western and Eldoret which is nearly 400km out of Lodwar. There are about 6 practicing advocates who are based in Lodwar Town and provide *pro-bono* services to children matters assigned in court for offences like murder and robbery with violence. Other civil or criminal matters attract some fees which most families in this region cannot afford.

In criminal cases of defilement on average cases take between 1 to 2 years before completion. This is due to adjournments, distance to the court and lack of witness as they are victimized back in the community. With corona pandemic only children matters with certificate of urgency are listened to and other parents can't afford the costs. The communities in Lodwar and South Sudan are Turkana and Toposa who are purely pastoralists and adore animals. The culture plays a big role in administration of justice which is male dominated. Cases of defilement, denial to Education, child neglect is rampant because the father who is a sole bread winner can only provide for his children if the mother is customarily married otherwise the children belong to the maternal parent.

Early or forced marriage are dealt with at the community level and hardly women and children get opportunity to express themselves. Through the village elders or clans' men cases of deaths, defilement or early marriages are determined informally and the families are compensated with animals. The situation in South Sudan is worse where police and courts are not functional due to

civil war and economic crisis leaving provision of essential services to churches and Non-governmental organizations like UNICEF, Save the children, America Refugee Council etc.

It is believed that justice delayed is justice denied. The churches and non-governmental organization working in this area have complimented the work of government to ensure children enjoy their fundamental rights and it's in this spirit that St. Patrick's child safeguarding programme was established to create awareness on the safety of children in our institutions and ensure that parents and guardians know their roles in safeguarding the children. We believe that through awareness creation, homilies, campaigns and networking with other partners, the families will be empowered to protect their children. With time, the children will embrace the change and enjoy their rights to the fullest.



“It is believed that justice delayed is justice denied.”- Eunice Majuma <sup>3</sup>

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<sup>3</sup> (Stock photo by Bill Oxford, unsplash.com)



**REFLECTION:**  
**AN EXPERIENTIAL SHARING ON WORKING WITH CHILDREN SEEKING  
JUSTICE IN KENYA; CORRECTIONAL FACILITIES AND COMMUNITY FAMILY  
LIFE**

**BY: NICHOLAS MOI OKWATCH**  
**COUNSELOR (VOLUNTEER) AND A SAFE- GUARDING COMMITTEE MEMBER,**  
**JUSTICE & PEACE COMMISSIONER AT HOLY FAMILY UTAWALA PARISH.**



“...complex and lengthy procedures, complicated and vague legal terminologies, lack of coordination and cooperation between child protection bodies, the police, prosecutors’ offices and courts, limited access to specialized legal aid as well as insufficient number of professionals trained to work with children are just few of the challenges in Kenya when they participate in civil, criminal and administrative proceedings.” – Nicholas Moi Okwach<sup>4</sup>

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<sup>4</sup> (Stock photo by, Iñaki del Olmo, unsplash.com)

## **Experience with children seeking justice in Kenya**

It is no doubt that in regard to this subject matter, there has been improvement. This is evidenced by the emergence of Children protection bodies, human rights, the campaigns being done by the main churches, that is, through the Justice and Peace Commission and Children Safeguarding Committees in the Catholic Church which have really been playing vital roles in ensuring that the children get the desired justice. The ACK, PCEA, Lutheran and other churches have also come up with strong children Ministries. Nevertheless, challenges are still clearly evident.

The greatest challenge is that while children face the same obstacles in accessing justice and support as all the other citizens worldwide, they are confronted with specific legal and social barriers due to their particular status as minors.

Their plight is worsened by the fact that the justice system in Kenya is not yet fully adapted to the rights and special needs of children for support and protection. Cultural implications, poverty, complex and lengthy procedures, complicated and vague legal terminologies, lack of coordination and cooperation between child protection bodies, the police, prosecutors' offices and courts, limited access to specialized legal aid as well as insufficient number of professionals trained to work with children are just few of the challenges in Kenya when they participate in civil, criminal and administrative proceedings.

Children participants in legal proceedings as victims and witnesses of violence and crime, investigated or accused as offenders, or parties to administrative or civil procedures all need to have access to adapted and child-sensitive procedures implemented by specifically trained professionals. This is yet to be fully actualized.

Children in Kenya need to have better access to quality specialised legal aid as this is crucial to guarantee equitable access to Justice. This is not a privilege to them, but their right.

As a child therapist, I have worked with children at different levels. Having volunteered in one of the main juvenile correctional facilities in Kenya and also in the community, there is still much to be done. Allow me to share briefly and of course without going against confidentiality rules.

I once supported a case where a twelve-year-old orphaned boy was put in the juvenile facility after a step mother accused him of stealing milk and he had to spend over four years just to prove that he was indeed innocent. In the fifth year, an organization hired an advocate who really assisted the boy to freedom. It was later realized that the hidden agenda was just inheritance issues. He is currently going through counselling to enable him overcome the trauma. Culturally, the lawyer was informed that the boy cannot be allowed by the elders to sue his step mother.

Within the community, families also remain obstacles in barring children from getting justice sufficiently. A father took away two children (four and two years old respectively) from the mother and abandoned her. The children were then taken to the rural area to be taken care of by his sister in-law. The mother was seriously heart broken. An Advocate hired by the husband even informed the court that the mother was insane. She walked into several offices for help but all ended up in vain mainly because she could not afford to pay for the legal fees. When the lady was referred to me, I offered the counselling services voluntarily and linked her to an advocate who volunteered to assist. Listening to what the children were going through, it was very painful! Summarily, the children were returned to the mother, as the case still continued. The question is, did the father care for the children's justice? It is really clear that the children suffered holistically since they could not comprehend what transpired. A place called 'Home' ceased to exist.

The afore-presented challenges are just a few issues mentioned, but a lot really needs to be done towards improving children's access to justice. Sometimes as a volunteer, I feel insufficient. This is due to the fact that it is not possible for me to avail myself every day, especially in the prison, and yet I am also required to cater for my family's basic needs. It remains a dilemma while also really fulfilling to see them get justice. Psychologically car thesis is an achievable mystery. Finally, although I appreciate the conditions in our prisons, a lot still needs to be done especially sanitation which is really wanting. It is my prayer to have as many people as possible coming out to support our juvenile correctional facilities as this is also key in other main prisons.

One of the most important prerequisites to ensure that children are better served and protected by the justice system is access to free quality legal aid. Both preliminary consultation and consequent

legal representation are instrumental in guaranteeing positive results for children in all proceedings concerning their life and wellbeing. In cases of systematic child rights violations, strategic litigation is one of the ways to influence systematic changes in a timely and efficient manner. It is essential to introduce adapted and child-sensitive procedures and appropriate environment for forensic interviews of children victims and witnesses of violence and crime that guarantee that both the aims of investigation are fulfilled without bringing any adverse consequences for the psychological recovery of children.

In conclusion, a Justice system which is not sensitive to the rights and needs of children can discourage them to seek protection for their fundamental human rights and generate further harm rather than guarantee justice and redress with dire impacts on their future lives such as taking the law into their own hands.

**VISIT TO KAMITI BORSTAL INSTITUTION**  
**BY: VIOLET MUYONGA**  
**CHILD PROTECTION TRAINER, ST. PATRICK'S SAFEGUARDING CHILDREN**  
**PROGRAMME, DISTRICT OF EAST AFRICA**



Our Child Protection Trainer, Ms. Violet Muyonga and our Utawala Safeguarding Committee, Volunteer Member, Nicholas Okwach, delivering our donated supplies to the borstal institution at Kamiti.

The theme of this year's Day of the African Child celebrations was "Access to Child-Friendly Justice Systems in Africa." In the respect of the theme, the Safeguarding Children programme found it necessary to make a donation to a borstal institution nearest to Nairobi. Such was the closest way through which we could reach out to children who have been in contact with the justice system in these times. The borstal institution of choice was Kamiti, which is situated in Kiambu County.

Nicholas Okwach and I visited the institution on the material Day of the African child (16<sup>th</sup> June), on behalf of the safeguarding children programme. Nicholas is a volunteer counsellor at the institution and a member of our safeguarding children committee in Utawala Parish. With us we took assorted toiletries, i.e. toilet paper, bar soap and toothpaste, that had been purchased from a ten thousand shillings' donation received from the Safeguarding Programme. I had been in prior communication with our contact at the institution and she had expressed that these were some of the items the child detainees were most in need of.

We were given a very warm reception by the Officer in-charge of the institution in the company of other officers. We were informed that the institution accommodates about 180 child detainees. It is a government institution but many times they run short of supplies. Our donation was received with a lot of excitement and gratitude. The officer said that they so much depend on well-wishers to supplement what the government supplies and they were grateful that we thought of them. They have not been receiving many visitors of late because of COVID-19, therefore they were in extreme lack.

However, we were allowed very limited time at the facility. No visitors are currently allowed in due to the COVID-19 situation the country is experiencing. For this reason, we were not allowed to meet the child detainees. We actually did not go beyond the institution's gate. The officers instead came out and received the items at the gate. We had a few minutes to chat before we left. The institution was also expecting officials from the Office of the Director of Public Prosecutions who were visiting, to honour the Day of the African Child. As such, it was only best that we left quickly so that we give them time to get ready to receive the officials.

For me this was quite an experience that changed my perspective towards detention institutions. The officers we met at this institution are very friendly. From the conversations we had with them, one would easily mistake them for close relations of the detainees. They talk positively about the minors and regard them as they would any other people who have needs. One of them even commented that he works very hard at ensuring that they live a better life when they finally leave the institution. He personally makes follow up. I was challenged by his attitude and commitment.

It was an honourable gesture from the safeguarding children programme to donate towards the borstal institution. This year's Day of the African Child's theme concerned such, though we did not have our usual parish celebrations that are normally filled with pomp and colour. This was a worthwhile act towards those who would have otherwise been left out of the celebrations were it not for COVID-19.

## **REFLECTIONS FROM KAPSOYA PARISH**



## **WHAT IT IS LIKE TO BE PARISH PRIEST AT THIS TIME OF COVID-19**

**REFLECTION BY: FR NOEL BROWN**

**KAPSOYA PARISH, DIOCESE OF ELDORET.**

Firstly, from a positive point of view.

Since the Church is closed and there is literally no pastoral work, I have become much more alert and notice everything around much more than before. I notice especially the beauty of the trees, plants and flowers. Also, the beauty and variety of the birds around the priests' house and the Church compound. Even their distinct sounds and chirping in the early morning and even during the day.

With plenty of time on my hands I have been able to study and listen more carefully to Kiswahili not only for speaking and understanding but for the spiritual content and for opening my horizons on the beauty and depth of the scriptures. Comparing various translations in English, Kiswahili and my former language of Chichewa (spoken in Zambia) I have been awakened more to the scriptures and hope this will be of value later when the lockdown is over.



“I have been awakened more to the scriptures and hope this will be of value later when the lockdown is over.”- Fr. Noel Brown <sup>5</sup>

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<sup>5</sup> (Stock photo by Aaron Burden, unsplash.com)

Plenty of time for prayer and reflection. Sometimes because of the former busy pastoral programmes there was little time for genuine quiet personal prayer. That is no longer the case. An appreciation has grown within me for the work of the former priests here not only of proclaiming the Gospel but of the many structures built up over the years like the building of houses, Churches, Schools and halls.

From a negative point of view.

At times it can be lonely because of the lack of public Mass during the week but especially on Sunday. Really missing the pastoral work and the gathering of the congregation not only in the Parish center but in the various outstations. Missing the excitement of Sunday Mass especially the participation of all and the spontaneity and joy of the children. There is little fun when the children and altar servers are no longer rushing around. There is a strong feeling of isolation and desire that the crisis will soon end.

There is a sad concern for the people because of the lack of pastoral care for our many Christians who are unable to receive the sacraments especially of Reconciliation, Eucharist and the Sacrament of the Sick. Many long for the blessing of the priest not only for themselves but sometimes for their houses and other important events of Christian life.

In the meantime, I have been able to increase my ability to cook especially the local recipe of "ugali" and "sukuma wiki" but also, I have to wash all the dishes since the cook is at home on self-isolation.

I have spent a few days cycling around with particular interest in the Children of Kapsoya and Munyaka, the informal settlement. I have been talking to some from a distance while wearing masks.

Generally, they are fine but missing desperately school and their friends. Most of the time they do house chores and follow some lessons on the television if their parents have that luxury. Some can be found outdoors in little clusters being careful not to mix with each other. The children from

the urban area, probably suffering more than their rural friends, sometimes wear masks, move around with their parents, play football in very small groups while occasionally some can be found begging.

In the rural area little has changed with children out as usual doing various jobs essential in the rural scene. They are not really impacted by the crisis. Peter, a boy of about 12 years who lives near the church, says that each day he helps cleaning at home, studies and longs for school, his friends and his own bicycle.

**REFLECTION BY: IBRAHIM**  
**KAPSOYA PARISH**

Daily routine during covid-19 pandemic.

1. Grazing.

When I wake up in the morning, I usually start with a morning prayer. From there I take my breakfast. Then when the sun is out I take the animals out for grazing (11 sheep) in an open community land full of green grass and beautiful trees from 9.00 am to 2.00 pm. Then I take the animals so that I can water them at home. In the evening I always take an exam from my brother, then he marks it.

2. Corona.

During this time of corona, I have missed so many things like going for mass on Sundays, and serving the mass. Also, school where I always meet with friends then we play together.

3. Joy.

I am always joyful because I can be able to have more time with my family and happy because I am able to get what I want from my parents.

4. Fears.

I am fearful of this corona because when I listen or watch television, I have seen how it has killed so many people.

Yours faithfully,  
Ibrahim.

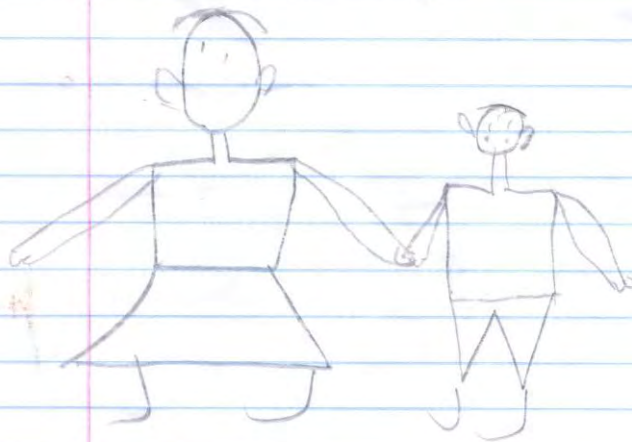
Brigid  
5<sup>th</sup> Grade 2

СКАРОВА

Year 7



Corona



Name Maru Teresa

Age 11 years

School

Location Kapsaya Class Six yellow

County Uasin Gishu

Parent name

Signature

Phone number

Parish

Christ the redeemer catholic church kapsaya

Post office box number

## CHILD ABUSE

Child abuse is the crime of harming a child in a physical, sexual or emotional way. A child is a young human who is not an adult.

Types of abuses are: physical abuse, sexual abuse, emotional abuses, child labour and cyber bullying.

Physical abuse, is the excessive beating of a child. Burning, also part of physical abuse. Some parents or guardians who beat or burn children to death. They forget children have right to life. Not just a month ago, a case was reported that a child was bruised by his uncle all over the body for simple mistake.

Even though you parents have right on us children, but not in that manner of abuses. There are so many ways of solving issues like advising, guiding, rather than beating.

Sexual abuse, is the act of intimacy of a young boy or girl. In most cases, parents force their children to be sexual workers, so as to cater for their daily needs. At this moment of covid-19 epidemic, children are asked by their neighbours to help them with house work and there is a possibility of child defilement.

For example in Muranga it has been



reported in our daily news that young girls are forced to be married at their tender age to elderly men, in order to support the family. My advice to parents is that us children who have bright future ahead of us if you ruin it now, what will become of us.

These will cause us to contract S.I.I, teenage pregnancy, school dropout and many others. My appeal to the government, can you help the vulnerable families so as to stop the abuses, also assist children with articles to participate in, so that they may concentrate on their studies.

Child labour, is act of giving a child hardwork, than expected, like; building houses and selling at the market. This act is, mostly happening now at the moment of corona pandemic. This has affected us children who are hawking along the road selling masks and other items. But we have no other choice since we are helping our parents meet our daily bread. I plead to the government to take an action about this by supporting the vulnerable families at the moment of covid-19.

Lastly, emotional abuse, is making us feel bad. Talking to us children in harsh manner yelling we feel marginalised even makes us of low self-esteem and drop

in performance. I urge you parents to stop this act you do it mostly when we fail academically the more you do it, the more it affect us.

My conclusion is that, let's help each other to stop child abuse, we children are gifts from God. Also us children have responsibilities and we must follow them. Parents don't forget we have rights to live, protected, fed well, educated and sheltered. We all know we have a role in the society, when we follow it will be better. let's help each other as I said before



# Physical abuse



Art by:  
Maria Teresa

**HOW PARENTS ARE SUFFERING DURING THIS COVID-19 PANDEMIC**  
**BY: PATRICK NYONGESA – CATECHIST, CHRIST THE REDEEMER CATHOLIC CHURCH**  
**KAPSOYA PARISH.**

I hope it's time to share what's happening in our families during this time of the Corona pandemic. The parents who were employed and working for the benefit of the family are at home jobless, nothing to put on the table. Due to this, the burden has been transferred to the Children who lack basic needs, first and foremost food, you now see children walking around idle and suffering from malnutrition, skinny and not attended to, begging for food, or, anything. These children are at risk of being abused by their neighbors. We now see the potential risk of children being raped or physically abused in some homes.

I wish to encourage parents to look after their children at this pointing time of need. I have tried to talk to children; some of them are looking for firewood and selling, fetching water and selling to get some coins to bring home so that the family gets something to eat. It is my wish and prayer that the pandemic ends soon. Nowadays even those parents looking for the work of washing clothes, [find that] it's not there, building (casual) work is not available. There is also the stigma attitude in the estate towards those who have been infected by the virus, so, that fear is to all of us.



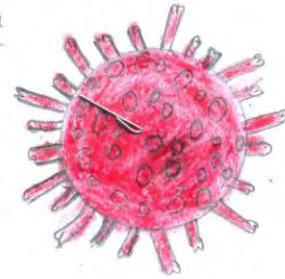
“I have tried to talk to children; some of them are looking for firewood and selling, fetching water and selling to get some coins to bring home so that the family gets something to eat.”- Patrick Nyongesa.<sup>6</sup>

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<sup>6</sup> (Stock photo by Annie Sprat, unsplash.com)

BY: CECILIA  
KAPSOYA PARISH

CORONA THE DESTROYER



Corona Corona,  
Where did you come from,  
We heard you come from China,  
And started spreading everywhere.

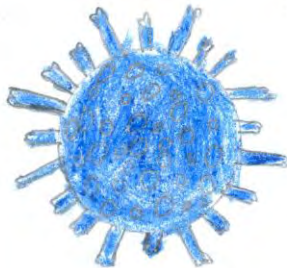


We have suffered a lot,  
For this deadly disease,  
millions have died in the world,  
Living sorrows among families.



You spare no one  
Big, small and old age,  
Christians not attending churches  
Learners staying at home.

Join me in this chorus,  
Wash your hands,  
Wear mask,  
Stay at home and be safe!



Courtesy of  
Cecilia

CELDOYET

STAY AT HOME AND SPREAD OF CORONA VIRUS.

**BY: CECILIA**  
**KAPSOYA PARISH**

✓ my advice is:-  
**STAY AT HOME**  
**STAY AND SAFE** i



CECILIA

CHRIST THE REDEEMER  
KABOYA



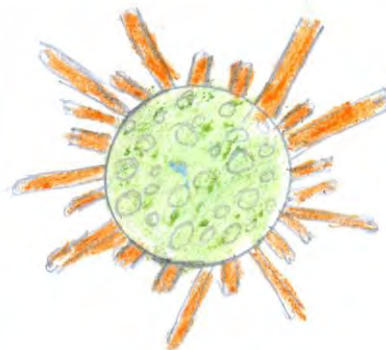
KOMESHA

CORONA

OSHAMIKONO

VAA BALAKOA

KAA NYUMBANI



Name: MARIA ASHLEY

Age: 12 yrs

School:

Location Kapsoya Class: STD 7

Parent's name,

phonenumber:

Parish: CHRIST THE REDEEMER CATHOLIC CHURCH

post office number:

### CHILD ABUSE

Child abuse means mistreating or harming a child in different forms of abuses. Some of the abuses are child labour, sexual abuse, drug abuse, emotional abuse and also physical. All this are abused by adults in our community and that is not good when done to young children in the society.

Child labour is an act of giving children hard work that is not good for them or for their health. During this time of corona virus pandemic parents are sending children to do business of selling goods in exchange of money to buy food. This can lead to sexual abuse simply because a man can come and deceive young girls in terms of buying their items and eventually them being defiled. I have had from our national television such cases being filed.

Another abuse is drug abuse, children mainly use drugs for pleasure, which is not good for their health and causes poor development to the child and also makes them go crazy. Our parents at the moment of covid-19 are hurting us emotionally more by quarrelling us in a harsh tone when they are stressed due to lack of basic needs. The life is tough and makes us vulnerable mostly in slum areas. This can lead to take of drugs to ease our emotions and makes us of low self-esteem some times it also affect our performance.



in our academic.

Physical abuse is commonly in our community. This is mainly done to children in most cases each and every day. This act is done by beating burning and many others in a manner that anyone can see it being done to a child. which hurts the children and live them with bruises.

All this abuses are affecting children and we need to take action with quick measure to stop this abuses, especially at this moment of Corona virus pandemic where so many increase of child abuse cases are being heard in our daily news. For this can create a bigger problem and a large number of children may decrease in the society and many people may be affected so much. At this current situation other parent are trafficking their children for exchange of money. "my friend a child is not a cloth you buy shop is a gift from God so need to be treasured with much care."

So parent need to be taughts about safe guarding children. Safe guarding refer to action taken to protect all children within ones care from any form of abuse all organization dealing with children protection have to plan to teach parents on how to safe guard children and protecting the from any form of abuse

Especially during this moment of Corona virus endemic, I humbly request the government organization dealing with children protection and churches to address parent's, gurdams or people taking care in the orphanages of this awareness of child safe guarding through media radio or any other way for them to get, this information as quick as possible. when you mistreat a

a young person or Child is like Killing the future  
Kenyan Leaders in the Society and in the Churches  
"So stop and stop, I mean it."



# CHILD LABOUR IN THIS PERIOD OF COVID-19



## CALAMITY RINGS NO BELL

COMPOSITION BY: MICHELLE,

KAPSOYA PARISH

AGE: 13 YEARS

The year two thousand and twenty was a year filled with calamity. It was disaster after disaster, I was born in a very poor family. I lived with my mother and two siblings together with our Aunt. At first it was floods, whenever it would rain our house would be filled with water to a capacity that we will be forced to spend the night outside.

It got worse when a deadly disease known as covid-19 struck the nation. Covid-19 is a respiratory disease that was first discovered in Wuhan China in the year two thousand and nineteen in December. My mother would go out every day to look for food, we stayed home with our Aunt who tormented us as if we were animals.

Ever since the first covid-19 infection in Kenya having three meals in a day was hard for us, we would sometimes sleep without eating anything in a day. Each and every day infections would rise, many lived in fear of the disease. My mother would go through a hard time trying to find food and necessities for us. Having lived in a slum we were at high risk of contracting the disease. Schools had been shut down and by the month of March Italy had the highest number of covid-19 infections all over the world.

The government introduced curfew as a way to combat covid-19 and reduce the spread. Covid-19 had affected the whole globe decreasing the economy of many countries. We all wished for disasters to disappear so as to leave us in peace, but if wishes were horses beggars would ride them.

We were so tired of living in fear of the disease. Sometimes we would leave from home to search for money to buy sanitizers and other necessities. Curfew hours would even get us outside, worst of all our county was on a lock down. No citizen was allowed to go or come into the county.

## CREATIVE WRITING / FICTIONIONAL WRITING

The economy of our country started dropping day by day. All we had was turn to God for help. Luckily our prayers did not fall on deaf hears. God answered our prayers by sending doctors and nurses to help us fight the covid-19 disease. They gave out free masks and hand sanitizers. We also had a part to play to help put an end to covid-19. Many people went out for mass testing.

Many people learnt proper hand washing methods and to follow directives on how to prevent themselves from contracting the disease. After following all these directives, the cases of infection decreased. Most of the patience recovered due to strong immunity.

Doctor and nurses did a great job to help the victims of the disease. Finally, a cure was found in the United States of America. President Donald Trump launched the vaccine all over the globe and when finally, it arrived in Kenya, many were cured and went back to their normal working places. The economy started rising once more. Truly this was a year never to be forgotten.

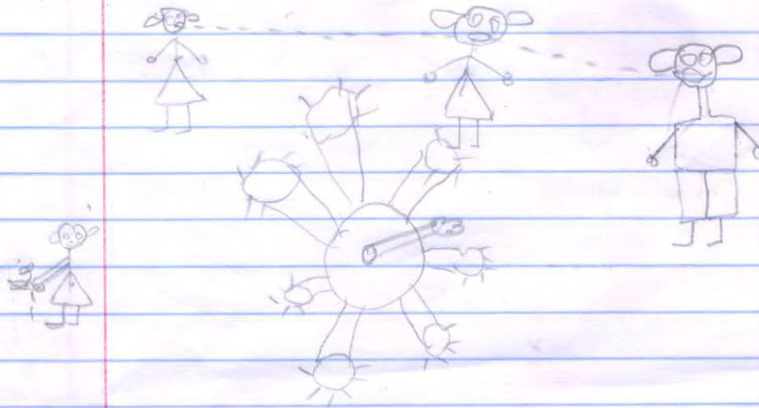
DEBORAH

PP2

KARSOYA

TUHOLOK

KARSOYA PARISH



KORONA

**REFLECTION BY: WILFREDA APOYA OMWALO, CONTACT PERSON- CHRIST  
THE REDEEMER CATHOLIC CHURCH, KAPSOYA, DIOCESE OF ELDORET**



“Washing hands is one of the simplest ways for children to stay healthy and reduce the risk of Covid – 19.”- Wilfreda Apoya Omwalo. <sup>7</sup>

**1. Experience during Covid – 19 Pandemic as pertains to children:**

The government of Kenya decreed all schools to close in March 2020 and movements restricted in all parts of Kenya. There has been a challenge with safeguarding children against Covid – 19. Thanks to God none from Uasin gishu has been infected. Due to their nature children are playful and sociable. There have been children loitering in the Estates, some of which are indulging in substance abuse and petty theft. This has been attributed by the fact that most parents are facing economic hardship and have lost grip of their parental roles in process of searching for livelihood.

The prolonged stay at home away from school has made some children hopeless especially the candidates in primary and secondary as they feel they will not do their final examinations this year as they had prepared, some have become lazy. Some children haven’t known what corona is and

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<sup>7</sup> Stock photo by Anna Shvetz, pexels.com



why they are at home especially the ones below 10 year of age. children think Covid – 19 is a disease that affect people who are far away. They ask why nobody has died of corona in their village. Some have not believed the reality of the disease. Most children have despised wearing of masks in the community.

As a result of COVID – 19 some parents have felt the pain of spending extra on food and other family need that were not budgeted for. With scarce financial resources, some families have had to have one meal a day or no meal at all as the family economy has been strenuous. Some parents cannot even afford to buy children any food as they are jobless.

Teenage girls are faced by sexual exploitation and abuse, teenage pregnancy and risk of HIV infection. Sanitary towels that were being distributed in schools have stopped due to closure of schools and therefore poses a challenge to the girls that used to depend on them entirely for their menstrual hygiene.

The disease has also caused conflicts in the families as they have to share scarce resource thus children become victims. However, there is still hope that all this will come to pass as God is in control. With this Corona virus, some children especially the teenagers have been provided with smart phones by their parents. They use this form to access harmful sites which has made them victims of harassment and sexual abuses. Some have visited cyber cafes for use of the computers which has exposed them to irrelevant staff. Covid – 19 has also given parents the opportunity to interact with and teach their children socially acceptable behaviors and other life skills such as planting trees, cooking, farming good grooming, washing and many other important activities and to know their children better.

## **2. Some of the things that have been done**

Through community health volunteers there has been door to door education to parents and their children. They have been taught on hand hygiene, social distance in crowded places, avoidance of hand shake, hugging and proper use of mask. People have been advised that If you have nowhere to go please then stay at home. We have encouraged parents and guardians to put up leaky tins. The community have been sensitized on how to wash hands regularly with soap and running water.

Water has been recommended by World Health Organization as one of the best ways to prevent the spread of Covid – 19. This has helped in the regular washing of hands. There is a provision of Hotline No. 719 which is toll free and texting \*719 for assistance. The government has been airing messages of hand hygiene through mainstream medias in form of radio, animations and demonstrations.

### **3. Future hopes**

There is need for improvement on ICT in schools to enable distance learning and to keep school going children in a continuous learning despite pandemics. This has to be enhanced by countrywide connectivity of electricity to bridge the gap of inequality in terms of e- learning.

Schools need to be equipped with more classrooms to allow social distance, to avoid closure of schools in future pandemics. This can be done by proper use of CDF allocations to constituencies. The ministry of Education should have impromptu checks to ensure this is a success. Schools to be in continuous supply of piped water. This will go handy in ensuring proper hand hygiene. Teachers to be trained on infection control while in colleges and they should have continuous training while on job supervised by Ministry of Health.

### **4. Advise and encouragement**

According to Ministry of Health report, 78% of COVID – 19 patients are asymptomatic. Those who are admitted in the ICU, more than 90% get discharged after full recovery. Therefore, this calls for reduction in stigmatization and encourage who experience signs and symptoms to visit the nearest health facility.

World Health Organization (WHO), indicates that COVID – 19 patients with no symptoms have low risk of transmitting the virus. This has led to reduction of quarantine duration from 14 days to 10 days. Home based care has also been structured based on the same report. There have been low infection rates in Africa compared to America and Europe. Science cannot explain this but CDC – Africa postulates it is may be because of warm climate and moisture that renders the virus inactive.

Let us all take the responsibility to end child abuses and keep our children safer this Covid – 19 period. Washing hands is one of the simplest ways for children to stay healthy and reduce the risk of Covid – 19. In spite of all the challenges, good health remains a preference. Members of the community encourage their children to practice the prevention regulations against Covid – 19. The parents to teach and guide the children on importance of feeding their minds with educative materials. The advantages and disadvantages of smartphones. Let us all keep hope alive that one day we shall emerge victorious.



12.06.2020

Name:

HELIDER

Age: 13 years.

School:

Location: KAPSDYA

Class: 8 County: NIAIN GICHU

Guardian's name:

Signature:

Phone number:

Parish: CHRIST THE REDEEMER CATHOLIC CHURCH  
KAPSDYA. P.O BOX

### CHILD ABUSE

Child abuse is any treatment to a child that interferes with his or her rights and affect the normal development. Children can be abused physically, emotionally, online bullying or sexually abuses. All children have got the right to be nurtured and protected.

Child abuse can be done in terms of seeking for food or anything like money that you really need but you don't have the ability. For instance, during this Covid-19 epidemic, most people if not all have no food to eat so some men may take the advantage of girls just to buy her some food.

Some physical abuses are beating and burning. Once there lived a family of Munduma. Munduma was a wealthy businessman while the wife, Chepchumba was a professor. They had a son called Buyanzi. Buyanzi was God-fearing and a very industrious boy. However, the father did not like him simply because Chepchumba spent a lot of time with him than his husband.

Munduma was envious of his son and thought of a plan to break their relationship.

He took his money and kept in Buyanzi's school bag. When Buyanzi picked his bag to go to school, Munduma asked him to show his homework. On seeing the money, Munduma called Chepchumba and claimed that the boy had stolen his money.

Buyanzi wanted to explain himself but his father did not give him a chance to do so since he knew that the little boy was innocent. Chepchumba walked out in disbelief. Buyanzi wished for the best but was prepared for the worst since his father was a wounded lion when it came to matters of disciplining. Alas! the next drama was bitter than you can imagine.

Munduma beat his son mercilessly and cut his hands. Buyanzi cried for help but no one not even his mother helped him. When his mother heard a sharp cry of a person writhing in pain, she shot into view only to find his son lying in a pool of blood. He called his husband but Munduma said that he was busy with his work.

Chepchumba carried his half-dead son to the nearby hospital. Buyanzi lost his life on arrival at the hospital. When Munduma heard the news, he was overwhelmed with joy, his heart melted with joy like butter exposed to heat thinking that he will have time with his wife but this was not the case. Infact they divorced.

Apart from physical abuse there is also emotional abuse. Emotional abuse affects the



feelings of a child. It can lead to shyness, fear and poor development. Some parents quarrel their children such that the child remains fearful and can never say no to anything. Such child especially girls can easily be engaged in sexual intercourse therefore, leading to contraction of AIDS or other sexually transmitted infections such as syphilis and gonorrhoea.

Sexual abuse is the act of intimacy between a person and a child. Most children involve in premarital sex just to support their family. Premarital sex can lead to untimely and unplanned pregnancies which may disrupt their education. Moreover, some forms of child abuse like; child trafficking, denying them parental love and support, economic exploitation for example child labour and denying them their basic needs should be avoided.

Let us sensitize children and encourage them to report cases of abuse to the relevant authorities because during this Corona virus epidemic, many children are idle and as we all know that an idle mind is the devil workshop. I want to appeal to the government to educate the public on the importance of protecting children from all forms of inhuman treatment and torture.

I want to appreciate the authorities specifically the NACADA and other authorities for inviting pupils and students in a cash prize voucher competition. Continue with the spirit and I urge you to bring more to keep the children busy at home. A child is a gift from

God and when abused he or she does not enjoy their freedom as stipulated by the law.

We all have a role of protecting children from child abuse and child labour for the better of our motherland country Kenya. Let us all say NO to child abuse and child labour.



BY: FESTUS, PP2, KAPSOYA  
PARISH

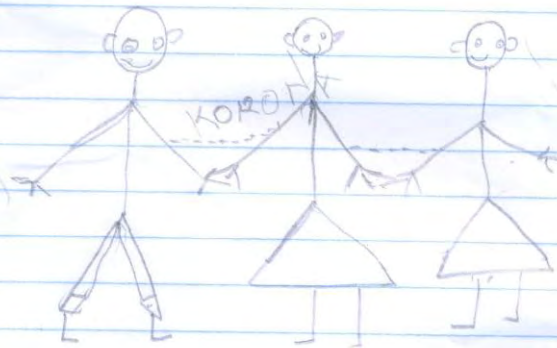
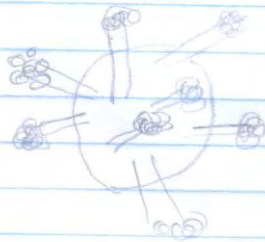
FESTUS

PP2

KAPSOYA

TUYOLUK KAPSOYA PARISH

KORONA



**BY: HELIDER**  
**KAPSOYA PARISH**

## EMOTIONAL ABUSE



Art by: Helider

NAME:

Trizah

PARISH: Christ the Redeemer

AGE: 17 years



### CORONA VIRUS;

Corona virus is a respiratory disease which mainly affects the lungs. It was first discovered in Wuhan, China on 6<sup>th</sup> December, 2019. It affects people of all race and religion. The first person <sup>to be</sup> tested positive in Kenya was a young Kenyan girl on 13<sup>th</sup> March, 2020.

She was studying abroad and had recently travelled back to Kenya on 5<sup>th</sup> March, 2020. It is said that she had made several trips around the country before she was tested positive. This caused unrest and panic among Kenyans.

Later on, more people tested positive leading to the closure of schools, restaurants, clubs and churches. A curfew was imposed as from 7pm to 5am to limit movement. Social gatherings were banned and weddings and funerals had to cut down attendees to a maximum of fifteen with a limited time frame. Shaking of hands was banned and social distance had to be maintained. This meant that companies had to let their employees work from home.

Despite all the measures put in place, more people tested positive as days went by. Men were the most affected. In their bid to curb the virus, the government identified hotspots, Mombasa and Nairobi, and imposed a lockdown so as to avoid further spread.

The internet became the new norm as religious places found a way to worship with their members at home. School going children had to make use of it to avoid slacking in their studies.



As expected, the virus had grave effects on the country. The country's economy was dwindling as more patients were taken in on a regular basis. Salaries had to be cut as businesses were going down and most people lost their jobs. The most affected was the tourism and hospitality department.

As for the education sector, some families lacked resources to equip their children with knowledge causing further discomfort. The ones able to access became prone to cyberbullying, pornographic sites and other uncanny things.

Some families which depended on domestic work for their daily meal had to go hungry. One case was reported of a woman who had to boil stones to make her children believe that food was cooking yet she had no food. This was just one of many cases which went unreported.

The disease also caused the death of many. Sadly, the police also happened to be the reason of those deaths. They beat people mercilessly past curfew hours. One Yasmin Moyo happened to be at the receiving end of police brutality. He was thirteen years and resided in Nairobi. At the time of his untimely demise, he was at the balcony with his family when a stray bullet struck him.

Despite all the negative effects highlighted, we cannot overlook some of the positive impacts of this virus. Before, many shied away from personal hygiene but recently they have no choice lest they

risk infection. Children never got to see their parents whereas now they are forced to bond and discover what they never knew. It has also made companies up their game so as to enable working from home. We have also learnt the importance of community.

All in all, this virus has made us a stronger people and equipped us with the necessary knowledge to face challenges in the future.



Turkoluk station  
KAPSIVA PARISH

RA

Form 2

RAEL

KORONA

Korona ni ugonjwa mbaya ambayo husababisha  
Vifo vya watu. Ugonjwa huu unambukizwa wakati  
mtu anapoongea alatu matone ya mate yaku-  
angukie. Ugonjwa huu pia huambukizwa wakati  
ambapo unatangamana na mtu aliye foka rchi  
ambayo inaripoti vira vya korona.

Hili kujikinga na ugonjwa huu tunataa kuwa  
vibaraka kila wakati unapotoka nyumbani kwa  
sababu unapoongea na mtu, matone ya mate  
yataweza kumwangukia mwenzake au wewe uangu  
kiwe na mate ya mwenzake. Inabidi tona  
tuwe waaminifu kwa sala hili mwenyezi mungu  
atunee huruma.

Ugonjwa huu umarababisha wazazi wetu kukaa  
nyumbani bila kazi. Sisi pia tukia wanafunzi  
tuhuanika tukia nyumbani kwa sababu ya  
ugonjwa huu. Mekanisani pia yamefungwa.  
Tungeomba Serikali itusaidie kutungua makanisa  
iwapo tutafuata sheria ya mita mbili kwa  
vibaraka na pia kunawa mikono kwa  
kutumia maji mayotiririka na sabuni hili  
kuokoa maisha.

Wanafunzi pia wanahofia kuwa iwapo ugonjwa  
huu hataisha, sisi tulio katika kichwa cha  
ine kurudi chini hadi darava la saba  
hatutapata kuandikwa kazi kwa sababu  
hatuna ryeti. Tunaomba sana mwenyezi  
mungu kila wakati hili gpatu kutuipa  
ha na ugonjwa huu tupate kurudi  
shuleni.

Ningehimiza pia tuwe kutiomba rozari zetu

kila wakati kwa sababu hii ni wakati  
tunafakwa kuoa karibu sana na sala hili  
muongozi (mangu) atonekanie.  
La mwisho ni kuzingatia sheria tulyopoa  
na waziri wa afya hili kuochoa maisha  
ya kila mmoja wetu.



### EFFECTS OF CORONA-VIRUS TO THE CHILD ABUSE

- Corona-virus is a global pandemic which has caused more harm than good to the entire world.
- African countries are facing deeper challenges due to poor health care facilities. And here in Kenya, the virus has shut down the economy, causing many families living a very vulnerable life.
- Our country Kenya, it is even more worse since many crimes are being reported in our daily news, concerning children abuse. Such cases include sexual abuse through online learning. Young girls are cheated by their tutor in terms of learnings and by the end you have them being kidnapped and raped. For example, in Uasinjishu County such a case has been filed and in many other parts of the country.
- Child labour at the moment of COVID-19 is also common on high rack. As parents are now giving much work (domestic) to our children than expected. Some children are now engaged in doing business and even selling alcohol in the slums area. (For the sake of helping us parents to meet our daily needs)
- Because of idleness, children in the slums mostly boys engage in drugs by bad company in our living areas: - for example Mungak Kenya Service but just to mention a few in Uasinjishu County. Moreover, the children are also emotionally and physically abused by us parents at the current situation.



Staying at home to keep safe from Corona-Virus, the life we are not used to. To add on that, economy is so hard, meeting our daily needs is a misery. It leaves us parents with lots of stress and anger, carrying to our children. Some families are now houseless due to lack of rent, government demolition which <sup>has</sup> affected children emotionally.

→ On the other hand, Corona-Virus has also little impact on our families, just like I mentioned earlier. For sure, it has created togetherness among nuclear families thus, parents knowing much about their children and children as well to their parents. This aspect is helping most of the parent to take time with their children by guiding them to have good moral values. Parents are also returning home early from work which gives good impression to the children.

→ Now, my appeal goes to the National leaders and people in charge of human rights, Safe-guarding children group to keep on creating awareness to parents, guardians in all corners of the country and orphanage to be aware of the child policy. These can be done through media services and even liquor via chiefs since gathering is not allowed during this period of pandemic.

Story created by  
Rosemary Akello, Christ the  
Redemptor Catholic Church



(KAPSOYA)

santa

Tuiyoluk.

std 8

CORONAVIRUS

In china 6<sup>th</sup> of december 2019. There was a disease known as coronavirus. It is a dangerous disease that has no cure. people were taking it as a joke but now it's a serious matter. coronavirus it's a respiratory disease that spread across the world. There are many people who are affected with this disease. many countries have recieved many positive people everyday. Like kenya, uganda and Tanzania.

In kenya many people like three thousand are infected with coronavirus, people like fifty have dead and people like five hundred have recovered. kenya is leading with people who are infected in eastern africa. Nairobi and mombasa is leading in kenya. This disease is spreading from one person to another by shaking hands, hugging, kissing and crowded places so that you can not get infected easily.

However, people are trying hard to stop the spread of coronavirus. Doctors are busy looking for the cure of the virus. They are trying as much as they can to stop the spreading and to look for the cure. you can wash your hands everytime, wore a mask whenever it's possible for you to go out.

coronavirus came to kenya and everything changed. the president of kenya locked Nairobi and mombasa because they have many infected people.

president of kenya required people to stay at home, sanitize and stay safe. The signs of coronavirus is fever, headache and difficulty

breathing - churches, schools and salons are closed.  
but pupils are still revising at home with their  
parents and people are praying at their homes  
as they believed that God will help them. my  
family is still negative because we ~~are~~  
follow the thing they say. i would like to become  
a doctor so that i can help ~~to~~ looking for  
the cure of any disease that would happen



SHEILA

FM II

TU-YOKUK (KARSOYA)

### JANGA LA CORONA

Corona ni ugonjwa mbaya sana inaosababisha kifo ugonjwa huu ulianza decemba Mwaka Janga Kule china na hatimaye ikasambaa ulimwengu mzima. Pia ugonjwa huu haina tiba kwa hivyo ni juhudi zetu kulikinga kabla ya hataru.

Ugonjwa huu umethiri mandeleo ndini hata elimu. Wanafunzi wote wakiambiwa kwa sababu ya maradhi, watahiniwa walikuwa na furaha ya kumaliza mihani wao Mwaka huu. Lakini kwa sababu ya Maradhi ikakishwa.

Janga hili inasambaa kupitia mdomo, macho na mapua kisha zinabeba viini hadi kwa mapafu na inafanya mtu hakose kupumua kama kawaida, joto dingi, kuumwa na kichwa, kukohwa na kupiga chafya. hili tueleke na kusambaa kwa hii corona tunafaa kuzingatia urafi, kuwa baraka, kuosha mkono kutumia sabuni na maji safi pia tunapaswa kukaa Mita Mola na Mwingine ili tuziweze kusambaza ugonjwa.

Maradhi huu imechangia watu wengi wawo Makini hohehehe hawana mbele wala nyuma kwa hivyo tunafaa kuraidia wasio chochote ili wasiwe naa ~~taka~~ Tugali tupo Msimu wa Janga tuna paswa kukaa Nyumbani na tuingatie magizo tulilopotea na waziri wa afya Mutahi Kagwe kuamba tukikaa nyumbani ugonjwa haitasambaa sana kwa hivyo ikifika saa tatu usiku kafu inaingia watu waliopo nje wanafaa kufika Mapema ili waweze kuepukana na changamoto za kafu.

**THE IMPACT OF COVID 19 TO CHILDREN IN THE SOCIETY**  
**IGNATIUS JUMA, STUDENT UNIVERSITY OF NAIROBI**  
**CHRIST THE REDEEMER CHURCH - KAPSOYA PARISH)**

**Introduction**

COVID-19 Pandemic has affected the livelihood of so many people in the society. Normal people's lifestyle has been changed and has caused everyone to try and find new ways of survival. This has resulted in more family who are vulnerable to suffering including children as the education system has been disrupted. For this reason, many families are facing low financial security, food security and many other problems.

It's for this reason we have to indulge ourselves in reflections regarding various areas, that is, pre COVID-19, COVID-19 situation and post COVID-19 (we need to look for ways of safeguarding rights of families and children). The main areas for this will be supporting the mental wellbeing of children, responding to every child including from single parents and those who are orphans, protecting children and their families from food and financial insecurity which mainly need to be highlighted to ensure that they are privileged to access their rights therefore keeping children and young people safe as many are at home; there is no schooling, church, social gathering and source of meetup especially where there are lockdown measures (Nairobi and Mombasa etc.)

**Challenges which children face as a result of COVID-19**

1. Children experience abuse and neglect: For many children, schools act a protective place rather than home where they spend little time. This may be a result of a lack of primary needs; food, shelter, parental care and so on. Neglect may result from being overburdened to meet their needs.
2. Children may be exposed to bad content at home, this may come from the internet, TV and also what they see from their parents. This may cause them to be at-risk of their morality being corrupt.
3. Young children with careers/working: this may be caused by single parenthood - where a child has only one parent to support their needs. It's hard for them to get all they want. This poses a significant problem to mental wellbeing of the mother who is substantially depended on.

4. Children are exposed to heavy duties where they need to go to work in order to eat, cloth, shelter this also exposes them to this disease and their security been at risk.
5. Children are at risk of sexual violation and criminal exploitation as some of them try new things, get some stuff done, also most are idling this poses a great risk post COVID-19. We may lose many young people as a result of this.
6. Children may suffer loneliness and stigmatization as they may isolate themselves due to government measures of quarantine, self-distancing and so on. This puts child mental health at risk
7. Children will be spending more time at home; this means their social space has been reduced they are mostly bored as chance to meet each other reduced a bit and for that reason some children are not happy with their homes this as a great danger to them.
8. Children spending time at home will help build relationships but poses a great risk to parents who are in lock down areas and those staying grandparents or multi-generation homes where comprises of different age groups career likes etc.
9. Practicing social distancing will reduce different choices and the autonomy children and young people have over their lives; they will have to be included in family decision making etc.
10. Appearance: children will emulate what they see on TV and this may lead to low esteem when school open they have to be guided and counselled on their appearance.

#### **Recommendations.**

- The government should help vulnerable family from the COVID-19 kit. This will reduce risk faced by children
- The government should not take long to come up with measures for schools to open up that's where much security is guaranteed.
- Parents should guide their children at home and try making them happy this will change their wellbeing.
- Church leaders and member should always look their members and identify problems facing each one this will be of great deals.
- Chiefs barazas and nyumba kumi should be on lookout for criminals who may try to violate children and teach the society on the need to be united as one.



- Children should be taught on the need to be together and be each one's keeper.
- Security should be provided to kids and young people.
- The society should be at the forefront and introduce the adopt a family initiative similar to what we have seen in Kibra Nairobi and other areas.
- Children should be encouraged to interact freely with their peers. And as the saying goes no man is an island, we should all come together, hold each other, push each other and be on the lookout for everyone, sharing what we have with those who don't have, this will reduce, protect and safeguard young people.

Corona may take long before it ceases but we should emulate brotherhood in all aspects of our lives, lets live together, pray that all will be well, we will conquer this pandemic and meet when everyone is good to give much praise to God who gives us hope. Let's keep children, vulnerable families and those with special needs under our good care and we will be rewarded heavily in future. Together we shall overcome....

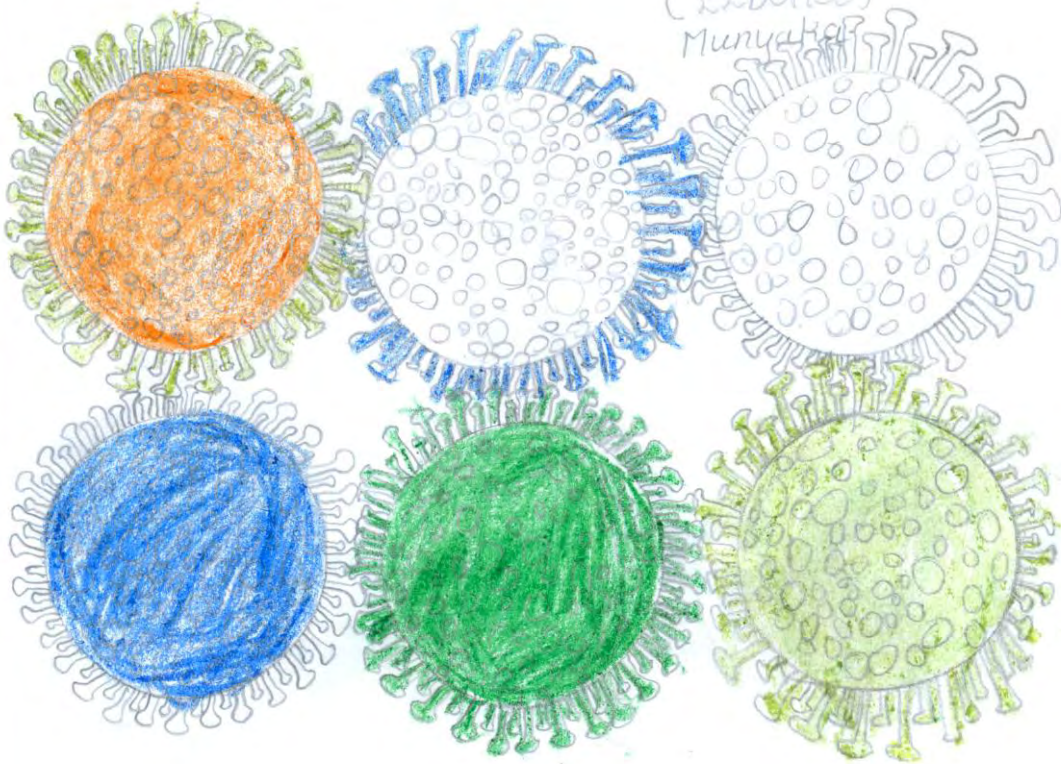
Compiled by:

Ignatius Juma, Student University of Nairobi (Christ The Redeemer Church - Kapsoya Parish).

BY: VERONICAH  
KAPSOYA PARISH

NAME: VERONICAH

(ELDORET)  
Munyaka



Stay Home CORONA VIRUS  
stay safe. dangerous.

Kenya  
loves  
you.

STAY AT HOME

(ELDORST.)

Name: VERONICAH

CORONA-VIRUS: COVID-19

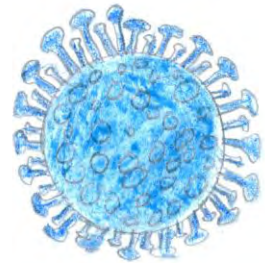
Corona is a deadly disease which came from china as from November last year 2019 since then it have spread in the whole world and killing many people. some effects of corona are:



Many citizens have lost their jobs since the first case so many families do not have something to put on the table and depend on relief food Furthermore are unable to pay house rent.

Many families have lost their loved ones through corona. The deceased are not given a chance to bury their loved ones in a decent way. in Kenya only fifteen members are allowed to attend.

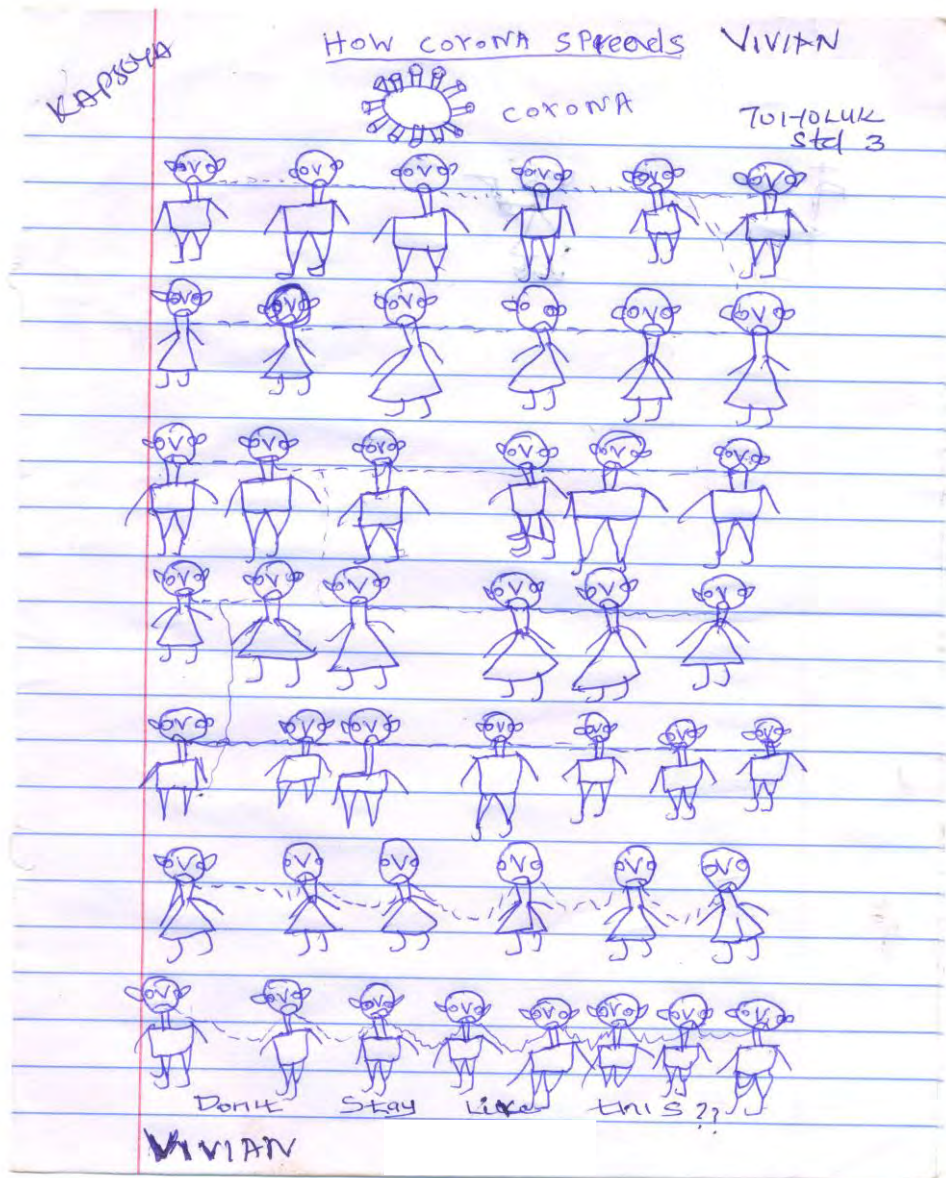
Lockdown and curfew are seen in many countries and this have affected the economy of many countries since there are few working hours.

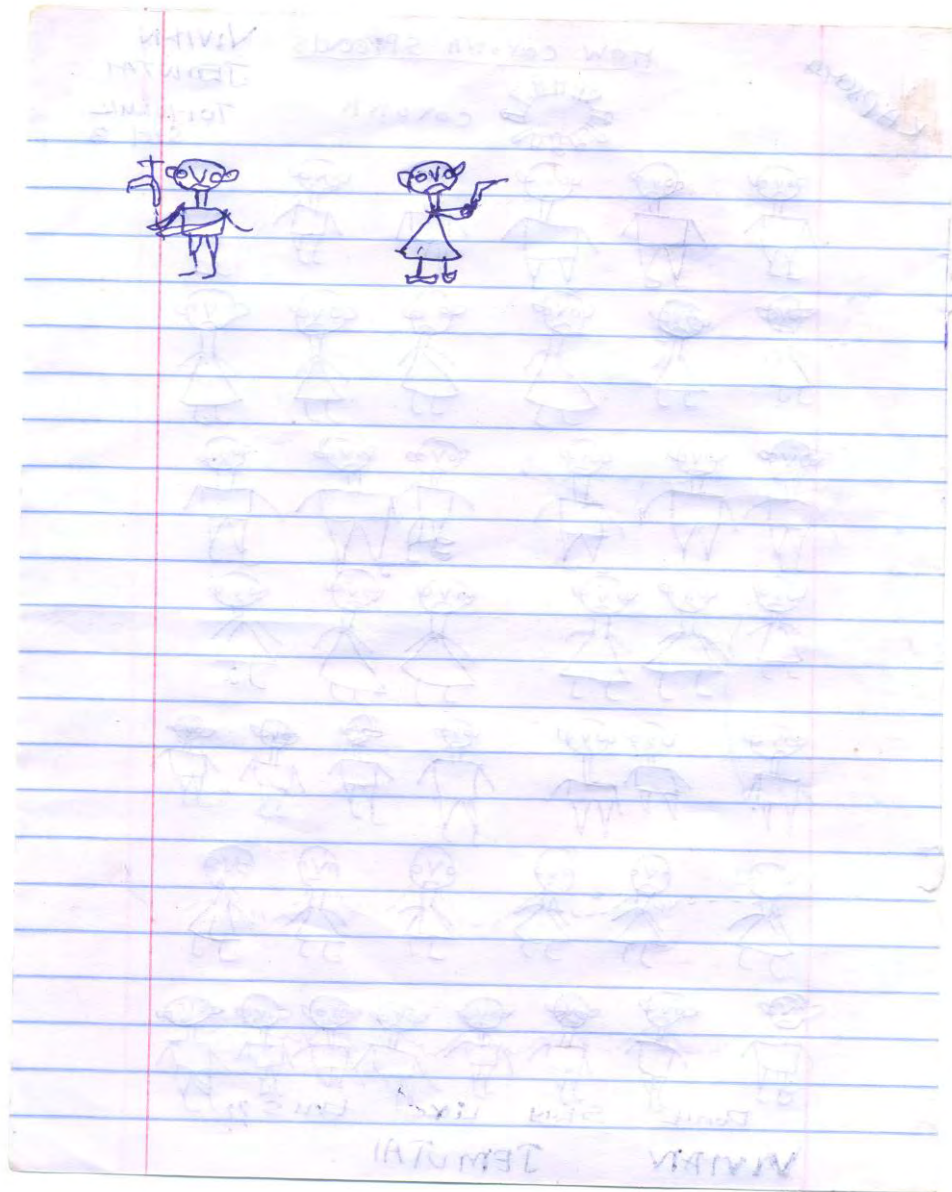




BY: VIVIAN

KAPSOYA PARISH







## **REFLECTIONS FROM KALOBYEI PARISH**

**EVANGELISING DURING THE CORONAVIRUS EPIDEMIC**  
**REFLECTION BY: REV. FR. LINUS MUSUMBA,**  
**KALOBYEI PARISH, DIOCESE OF LODWAR.**



“The privileged have been able to form virtual communities and offer online Masses. My case has been different and challenging since 90% of my congregation has no access to modern forms of communication.”- Fr. Linus Musumba.<sup>8</sup>

For over three months and still continuing, the faithful in Kenya have been in isolation and cannot participate personally in the Sunday liturgy and weekly worship.

Religion is supposed to be a source of comfort in times of confusion and suffering. Yet everywhere you look, services of worship are being suspended in keeping with the government rulings or guidelines to curb the contagion. The suspensions have generated some strange outcomes.

---

<sup>8</sup> (Stock photo by Gabriel Benois, unsplash.com)

Some areas if the economy have been reopened, businesses and eateries, sports have resumed in some countries, but not to worshippers. Even weekday masses remain prohibited, even though it typically attracts smaller crowds than the average crowd in a supermarket

Believers have been told to watch offerings of Sunday Mass broadcast on local TV or online. My take is that, the difference between participating in Mass in the church and watching it on the TV is like sitting next to a bonfire that warms up, illuminates, brings joy and contemplating of it. The situation and the environment want us to believe that holy water is not a sanitizer and prayer is not a vaccine.

Through my interaction with the faithful in the parish, watching mass on TV is strange. Majority in our parish don't have or own TV sets or radios. It is painful to say the least to celebrate Sunday liturgy without a congregation.

For every believer, religion is a fundamental source of spiritual healing and hope. It's a remedy against despair, providing psychological and emotional support. It's also an antidote to loneliness. At a deeper level, I can say religion for us believer is the ultimate source of the meaning of life.

My honest opinion and conviction as the priest in charge of Kalobeyei Parish, is that, without the day of the Lord, we cannot live as a parish, at least spiritually. Without close intimacy with God, who provides for us and sustains us, life becomes an empty shell. The threat comes from a virus that makes no distinction between believers and atheists, but we must be vigilant.

During this period, many priests and faithful are trying to carry out online catechesis, reading the bible online, sharing reflections through social media or mobile phones. The privileged have been able to form virtual communities and offer online Masses.

My case has been different and challenging since 90% of my congregation has no access to modern forms of communication. Being a remote village parish, this produced many difficulties in offering pastoral services.

However, the challenge invited us to reflect on new ways of doing pastoral work. As a priest, I took it as an opportunity to guide my congregation to move from the traditional pastoral approach or attitude of 'indoctrination of the faithful' where believers go to the church and a priest performs a service for them. This kind of pastoral care demands only the faithful to observe the commandments and sacraments, without paying attention either to their concrete living conditions or to social changes.

I engaged the leaders of the Parish to embrace a new approach. It was for them to have a pastoral attitude of continuous renewal. This new form of pastoral care pays close attention to the concrete situations of the Christians and the reality of social trends and changes.

In this case, as the nuns and I stay in the chapels praying for them, I asked the Christians through the leaders to pray in their homes, to read the Bible, practice Charity, instruct the Children, care for the sick and needy and take advantage of this opportunity to be close to their family members.



BY: MAXMILAR

STD 6., 13 YRS, KALOBYEI PARISH

13-6-2020

maxmilar

dakisa la sika

miaka kumi na tatu

ST. BENEDICT'S PARISH - KALOBYEI  
C/O CATHOLIC DIOCESE OF LODWAR

13 JUN 2020

P.O. Box 15-30500,  
LODWAR

~~VIRUSI VYA COXONA~~

VIRUSI VYA COXONA

coxona ni ugondwa mbaya abaye imetungo  
sisi kinafika kwashule na kanisani coxona hina  
hasaka mbaya sana tuna obaba ifungoniwe shule  
hilo tukodi kwa shule na makanihani tuna  
omba dawa la coxona na tukodi shuleni

ugondwa huu tuna kataka kusalimi  
ya kuka na mfu pili pamoja na kulala na mfu  
sisi wanaheri tuna obaba coxona ishirike tukam  
na ukivika tukana itaamaliza waku wengi san

ukikisi dahi ya hii ugondwa  
uterisika una umwa na kichapa, foto msumi,  
kupiga chafya, kaka.

ST. BENEDICT'S PARISH - KILLOB.  
C/O CATHOLIC DIOCESE OF LODHRAN

13 JUN 2020

P.O. Box 15, 30500,  
LODHRAN

PETER J100  
COMMITTEE MEMBER  
13/6/2020

### ORIGIN AND EFFECTS OF COVID-19

COVID-19 is a respiratory disease that affects the respiratory system of a human person. It was indexed as COVID-19/ CORONA virus by the Centre for Diseases Control. The first discovery was in China in Wuhan city in December last year. This disease was first suggested as the respiratory flu since it was spreading slowly in Europe and Asia continents.

Back to the origin, the virus spread slowly to the country through those boarding international travels for the purpose of businesses, work places, diplomacy etc. The country experienced the virus after a sample of seven people were tested positive. This leads the country to a total panic, since they were aware of what other parts of the globe were undergoing.

The first countries that experience this disease registered the highest numbers and this led some countries to a total lockdown whereby

there was ~~any~~ <sup>no</sup> movement <sup>at all</sup> leading to stagnation of the various countries economies both investing individually or globally.

From the global statistical of this virus, lot of population has suffered, and the global numbers for the active cases averaging between 6 to 7 million across the globe. The death also ~~are~~ increasing each an everyday since it was declared that no treatment for the virus. Kenya active cases are escalating now approaching to four thousand and the death reaching a hundred. The economy of the country is going <sup>to</sup> retardation since the country economy stability is unstable, more suffering is encountered in the country due to spread of the pandemic.

More measures have been put in places by the medical organizations and other ~~medical experts~~ <sup>experts</sup> that has been recognized globally so as to curb the spread of the virus. This virus has led to the closure of many institutions, like churches, schools etc.



Name: Catherine

Date: 13/6/2020

Class: 8

Years: 14 Yrs

ST. BENEDICT'S PARISH - KALOBYEI  
C/O CATHOLIC DIOCESE OF LODWAR

13 JUN 2020

P. O. Box 15 - 30500,  
LODWAR

### CORONA VIRUS

Corona virus is a disease that as no cure. If you have a corona, you can have abdominal pain, headache and coughing. Corona have close every thing. Jobs, schools have been close, bars, shops, churches and travellers.

When we were at school, the teacher told us that ~~we~~ ~~has~~ corona virus have come to Kenya and as no cure, everybody ~~there~~ think about their family. I become unhappy.

On Monday, the headteacher told us that you will not ~~sit~~ sitting here ~~up to~~. We close the school, all pupils complain but the teacher said you must go home. The teacher took eight boys and one girl from class 8 and tell them to remain in school.

Every pupil going home, the boxes have remain in school. There was a confusion the teacher come to school and tell those pupils to ~~go~~ went home. Those pupils come home when they were hungry, others are happy and others are unhappy.

Corona virus is a transfer ~~by~~ ~~a~~ ~~for~~ from one person to another, ~~also~~ ~~by~~ seconds, a area of rain every time like Kilim, Eldoret, Kakamega, Bungoma, Nyamururi and other countries. Corona virus



PEOPLE FROM ~~CON~~ COVID VIRUS ARE  
in Canada BECAUSE THEY ~~TRANSFER~~ TO OTHER  
OTHER PEOPLE. TODAY THEIR NUMBER IS 3,300 WHO  
HAVE ~~THE~~ COVID VIRUS. 96 HAVE DIED AND  
OTHERS ARE LIFE.  
When we ~~want~~ <sup>don't</sup> want this  
disease to come Kenya, ~~we~~ wash our hands  
with soap, don't touch that thing which have  
COVID VIRUS, don't sit with a person who  
have COVID, when we follow that then  
COVID will not reach to us.

CORNELIUS LUVEMBE

COMMITTEE MEMBER

13/6/2020

ST. BENEDICT'S PARISH - KALOBREYI  
C/O CATHOLIC DIOCESE OF LODWAR

13 JUN 2020

P. O. Box 15 - 30500,  
LODWAR

## CORONA VIRUS (Covid-19)

This is a respiratory disease from China which was first discovered in December 2019. Since then, this disease has rapidly spread throughout the world. In Kenya, it was first reported in April 2020.

Being an airborne disease, it is majorly spread through coughing, sneezing, getting in contact with infected people and touching infected surfaces. Those who have contracted this virus portray signs like dry cough, headache, high fever & breathing problems.

Corona virus has so far claimed many lives across the world. As a result, many measures have been put in place to curb ~~this~~ the spread of this virus. Learning institutions have been closed. Our children are now at home. Parents are getting a rough time in staying with children at home as majority are not working as a result of this disease. Its now a big challenge to get food on the table for the children.

In order to reduce the ~~spread~~ spread of this disease, the measures put in place include; avoiding overcrowded places, proper sanitizing, observing one-metre rule, wearing masks and staying at home.

NAME: GRACE

CLASS: STD 7

YEARS: ~~13~~ 14

DATE: 13/6/2020

ST. BENEDICT'S PARISH - KALOBREVEI  
C/O CATHOLIC DIOCESE OF LODWAR

13 JUN 2020

P.O. Box 15 - 30500,  
LODWAR

### COVID 19

Earona ni ugonjwa ambao una na  
aina tiba. hii ugonjwa ilianza china. na ikamaliza  
watu wengi sana mpaka wamafunga hata shule zote  
kama sisi wanafunzi tunakaa ngumbani pia sisi tuna soma  
ngumbani.

hii ugonjwa kama ndakushika mtu una  
onyesha kupiga chafya, joto, kichwa kinananga mtu na  
kutoka makamazi kama maji hukiona hogo vitu vinavyo  
enda kueleka huna faa hukimbia daktari. pia daktari hakupe  
dawa ya kuzuia.

kama huna taka hii ugonjwa isikushika.  
nawe mikono yako kila wakati nawe na sabuni vizuri.  
kama huna taka kugusa uso yako huna faa huna we mikono  
kwenza ndio kugusa uso yako. na kama huna taka  
kupika chakula huna faa huna we mikono.



DORCAS AKAI  
COMMITTEE MEMBER - THE CHAIRPERSON  
CORONA VIRUS: COVID-19

13/06/2020

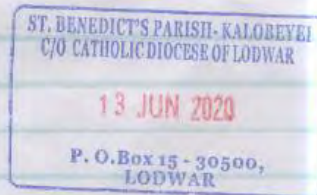
This is airborne disease. It was started in China in a province call Hubei. It is a man-made disease. This disease was known on January this year. This is a pandemic disease that affecting the all world.

This disease spreads in many ways, sneezing, coughing, touching, sitting in public, and travelling with many people through flights and roads.

The sign of this disease is hotness of the body, breathing become difficult, coughing, headache and vomiting and throats become painful. The way of preventing this disease 1) To wear masks and gloves 2) Keep a distance from other people 3) stay at home, avoid public places 4) Cover your mouth when coughing or sneezing 5) wash hands alway at least two hour 6) The time body become hot, seek medication 7) Avoid travelling 8) Not to welcome visitors.

Because of this dangerous and serious disease, now the economic has become low in all world. No socializing, churches, schools, politics, wedding, every things has become paralysed. Many people have died in America, China, Italy and extra. In our country, Kenya disease is in Nairobi, Kilifi, Mombasa, and the counties <sup>that</sup> didn't mention people are suffering.

The government now is helping people through ministry of health by giving masks, hand sanitizers, gloves, goggles, money quarantine places. Some people are believe ~~that~~ use local medicine like aloevera, hot water and many others.



DORCAS AKAI



BY: VIVIAN

13 YRS, STD. 6, KALOBYEI PARISH

Kuamalina ni VIVIAN  
mwaka 2020

Niko katika darasa la 6  
Niko na miaka 13

Taree ya leo ni 13/6/2020

ST. BENEDICT'S PARISH - KALOBYEI  
C/O CATHOLIC DIOCESE OF LODWAR

13 JUN 2020

P. O. Box 15 - 30500,  
LODWAR

Virusi vya koronavirus COVID 19

Koronavirus ni ugonjwa ambao una dawa na inawna  
ugonjwa hana uko afia na unakika kwenye  
wakemwa wanaogopa ugonjwa wa koronavirus inawna  
kwa uchungu sana sana wanaume na wana wake

na wakati unapata ugonjwa hawana  
unawna kwa kiti unawna hata mwa na una piga chafya  
na ugonjwa unawna kwa na inapita kwa macho na  
inapita kwa mapua na inapita kwa ndomo na dalili ya  
ugonjwa unawna kwa uchungu sana

Koronavirus ni atasi kwa sababu  
ugonjwa vife ilivika Turkana kwa kura wenye  
wake zisaf wao zaki wapate kwa sababu u  
ugonjwa unawna na upepo wao akaku uale  
watafuta maw kwa sababu wao peme awa  
inawna ingendelea uko center

wenye u koronavirus inawna kapiza  
inawna sana wanawake na wana uwe  
majulikana akwamba bina dawa kutole  
mbaga kama kundi ziku wana na zinawna  
na ni kwa sababu kodo maw angamizi  
a o ASH

NAME: ALFRED  
FORM: 1  
YEAR: 2020  
DATE: 13/6/2020

Years: 14



## INTRODUCTION TO COVID 19

- In the year 2020 that is when this disease called Corona started, when we were in schools.
- This disease is very dangerous it has killed so many ~~millions~~ thousands of people in our country. The sign of this disease are having a dry cough, sneezing, having high rate of fever and have high temperature in the body.
- More surprising again this disease has cause even our school to be closed, and we are now at home with our parents together and we ~~are~~ are devere to go to schools.
- another thing this disease has made our churches to be closed, as if that we are obeying this disease ~~instead~~ instead of ~~Pray~~ obeying God. also this disease has made our jobs to be stoped and some of us we are poor and our families are poor that jobs which were doing is what they used to eat.

PRECAUTIONS

## PRECAUTIONS OF THIS DISEASE

- If you want to kill this pandemic you need to follow this rules.
- 1. you need to wear face masks.
- 2. you need to be 1 metre away from your friend.
- 3. you need to be a way from the crowd of people.

Note/ if you will do so you be abit safe from this disease.

I am yours  
ALFRED

Alfred  
God bless you



NAME: SIMON

CLASS 8 14 YRS

13/6/2020

## CORONA VIRUS IS REAL

The disease of corona virus is first was discovered from china also the first sample was found in Wuhan city of china. When the first sample was taken into the laboratory the result was positive. After the scientists noted that the disease was real, they decided to come up with some ideas where by they brought up the use of the masks, hands washing regularly with running water or alcohol based and e.t.c. The ideas which scientists they came up with is the one that all be the seven continent of the world use to curb up the spreading of the corona virus.

In Kenya this disease was discovered in the during the Month of March this year 2020. The discovering of corona virus in Kenya lead to forced the lockdown of all the virus institution e.g places of worship, Education Sector, and the various industries in the country. Here in Kenya the spread of the virus is being said it was brought by the Tourism which they came by airplane from outside into Kenya. Here in our country Kenya the lockdown of places of worship and schools was brought up after the sample of the first seven citizen who were tested positive after the results of the country.

On the side of economy you find that since there was lockdown in the country together with other countries you find that the commodities which our country use to export outside for more income it has become difficult for now because every where is locked down till the time when there is new opening of movement. Also because of lockdown there is less reduction of tax since some workers from various institution no body is paying for them so that tax will be taxed for the development of the country.

ST. BENEDICT'S PARISH - KALOBYEI  
C/O CATHOLIC DIOCESE OF LODWAR

13 JUN 2020

P. O. Box 15 - 30500,



On the side of School you find that the spread of the coronavirus it has cost students to stay home for long time so that they continue to stay safe from the contamination of the virus. But beside the students staying safe from the virus you find that most of them have become careless because some of them they might ~~to~~ have safe in their mind that there is sure that no reopening of School anymore in their life.

On the side of places of worship the believes are stagnant where by no going to pray believers they follow the instruction from the leaders of health.

I conclude by saying Since the virus is real the government of Kenya should consider to support it's citizen by providing them by giving food and items which they will use to curb or overcome the spread of the corona virus disease so as to reduce the number of death in the country. Also I hope all my fellow citizen to follow the instructions which have been stated by the scientists so that we may all overcome the spread of the disease. I believe that the working of the hands, cleaning of the easy places, to be touch regularly with keep us away from the curbing of the disease.



Calistus

ST. BENEDICT'S PARISH - KALOBYEI  
CATHOLIC DIOCESE OF LODWAR

13 JUN 2020

P. O. Box 15 - 30500,  
LODWAR

13/6/2020.

Composition

Class 6.

Years 15

~~Covid~~ 19

Titel

COVID 19 [Corona virus]

Corona virus is have bone disease. Is State in a place ~~that~~ called China. Covid 19 is made by this man called Chengluok.

Chinesees Transsar Corona virus in the World. Corona is dengerrus disease. ~~It is~~ It is Spread by. Coughing, We have many esect of Covid 19 ~~that~~ I am not going in the school, hospital, Church and in the Super market.

When Corona Came in Kenya Turcan people. did not get Good.

Calistus

*[Signature]*

BERKY

FORM THREE

CORONA VIRUS

16 Years

Date: 18/6/2020

ST. BENEDET'S CATHOLIC CHURCH, KALOBYEYE  
C/O CATHOLIC DIOCESE OF LODWAR

13 JUN 2020

P. O. Box 15-305  
LODWAR

Corona virus is <sup>a respiratory</sup> disease that affects the lungs. It started in China on December 2019 and ~~it spread~~ <sup>spread</sup> all over the world. Corona spread through air and it had no specific curative medicines. It ~~also~~ spread out through ~~body content~~ <sup>body contact</sup> with shaking hands with the infected person, when the infected person cough or sneeze without covering his/her mouth with a handkerchief, ~~then the virus~~ <sup>the virus</sup> will spread to other people.

~~Corona-19~~ COVID-19 affected people's lungs and the affected person will have difficulty in breathing, dry cough, fever and even continuous sneezing. The signs of Corona virus ~~are~~ <sup>are</sup> shown within 2 to 14 days after infection. Corona virus ~~was~~ <sup>is</sup> easily affected old people of sixty and above ~~of age~~ <sup>of age</sup> years and young children of about one to five years old. The infected people were isolated or taken to quarantine.

Many people throughout the world ~~who~~ were infected with Corona virus and some have died leaving their husbands or wives with children alone home. It has even led to ~~unemployment~~ <sup>poverty</sup> due to lack of jobs. Schools were closed leaving ~~the~~ teachers with no jobs and even churches are closed which can make people to forget God especially during this time of suffering of corona.

The business people were badly affected by Corona because they were now not able to transport their goods from one place to another due to the lockdown. The drivers and pilots were now with no jobs because ~~now~~ <sup>there is</sup> no transport outside or within the country due to the spread of this COVID-19. And ~~the~~ minister of health told the people prevent this virus by avoiding shaking hands, wearing mask in public or in offices and also covering mouth and nose when coughing or sneezing. Corona virus has caused poverty to the country, some children remain as orphans after the death of their parents.



Other women husband which causes the break of other families. Some people cheat others that corona does not exist in a hot climatic area because the sun will heat the virus and kill it which is not correct. But we believe that the correct preventive measure of corona virus is to wear mask in public or in an office and wash hand with detergent after visiting the toilet, before preparing your meal and also after doing other business.



BY: SHARON

14 YRS, STD. 7, KALOBYEI PARISH

NAME Sharon

Class 7

Year 2020

miaka 14

13/6/2020

ST. BENEDICT'S PARISH-KALOBYEI  
C/O CATHOLIC DIOCESE OF LODWAR

13 JUN 2020

P. O. Box 15 - 30500,  
LODWAR

Corona ni kifo ambacho, watu wanaogopa na inauwa kwa  
haraka. na hikianzia China na ukatapa pahali popote  
mpaka wamefunga. hata makaniza na watu wamefungiwa  
manyumbani wao. na wanasema ~~mwa~~ mizalamiane kwa  
mikono, na mwaene kuwa pahali pamoja.

Mfizi mush na kibi mkuhaji chunge kwa hii  
ugonjwa wa Corona virus ni ugonjwa yenye mikipata  
mnamzee hinauwa kwa haraka, mtanya, bibi na watu  
wengine. wanaogopa huu ugonjwa. na wanasema mwaoshe  
mikono na sabuni au omo.

atawamefunga pahali popote ghuliz, makaniza, madawa  
walike maji mbele hizi wabo waninunwa naio  
unaocha mikono hizi hizi ugonjwa hizi zambaze pahali  
popote. Hii ugonjwa dalili virusi ni kupiga chafya, kuvuka  
wa unazilia mwa hwa hinasuma, dakti ni nyingiza na  
Hii ugonjwa hunamaliza dunia yote

mpaka watu wanatamika sana atabika mwa  
virusi vya Corona ni mbaya sana.

# CREATIVE WRITING / FICTIONAL WRITING

BY: NANCY  
14 YRS, STD 7,  
KALOBYEI PARISH

NANCY  
14 years  
STD 7  
KALOBYEI

Comp

ST. BENEDICT'S PARISH - KALOBYEI  
C/O CATHOLIC DIOCESE OF LODWAR

13/6/2020

13 JUN 2020

P. O. Box 15 - 30500,  
LODWAR

Title Corona Virus

Countries

~~Kenya~~

Corona is a disease that affect all  
like Kenya Tanzania Uganda and many others  
many people was died because of corona and  
Corona is adasese come from china and  
to corona when we don't spread you  
you must don't shaking hand and sit for  
many people into group and you must have  
masks that was the ways that we don't spread  
with corona the next ways corona don't spread  
to one ~~person~~ person we spread for women  
men young people pregnant women and many  
and you must wash you hand when we come  
home and don't when we visit to the shop  
there was the ways that you don't spread other.

Our county Turkana there six people we have a  
Corona in Lokichogio in our county there people  
we control corona for many thing and Dure  
town Kalobyei people was very smart like to  
be don't shaking hands and sit for many people  
and ways many was working 1 centimetre  
or to another person that was the ways of  
Corona that don't spread in Kalobyei.  
The next things Corona when we see in  
you body the ways we have you, cough  
and don't breath and Headache and Fever.  
There ways that person with corona.  
When we have corona you must live in you  
house and you must

Corona  
Virus



## CREATIVE WRITING / FICTIONAL WRITING

For your family when we have corona and another ways you must way for of people you must help many ~~people~~ people to control corona.

and the next way corona ~~and~~ another name is covid 19 - ~~corona~~ or covid 19 we live for two weeks and we died ~~at~~ that was danger disease and you body come weak.

in Kenya people with corona was many in ~~Kenya~~ ~~people~~ ~~with~~ ~~2000~~ ~~people~~ ~~in~~ ~~Tanzania~~

to avoid corona in you body when we must eat vegetable, fruit and when we eat corona we don't live in you body for many day when we have ~~at~~ ~~we~~ three days we come smart you must clean you hand before shakings others corona spread into mouth, nose, eyes -

many.

Coron



MARY

## Composition

FORM 11

26 YEARS.

## HOW CORONA VIRUS AFFECTED PEOPLE

13/09/2020  
ST. BENEDICT'S PARISH-KALOBYEI  
C/O CATHOLIC DIOCESE OF LODWAR

13 JUN 2023

P. O. Box 15 - 30500,  
LODWAR

First and foremost, I would like to define a virus. A virus is tiny <sup>organisms</sup> ~~particles~~ that are caused by sneezing. With observation and answers from different people, about this virus called Corona, they are doubting it that it is not a real virus. But according to the scientist who were doing the research of the virus, they have made other people to believe it by sending them information through phones, television and radios. With that information and beliefs that the scientist used to make people to believe it ~~have~~ caused many people to know that the virus is very real.

With the information we have know how to ~~control~~ the virus is being transmitted, and so the virus is <sup>being</sup> transmitted through eyes, nose and mouth. Also ~~we~~ Peoples are aware of on how to control the virus. First they should avoid ~~to~~ close contact, hand shake and avoiding being on public areas. If it is a must you must be there you should have carried a sanitiser to sanitise your hands and also you must wear a mask.

Secondly,

Secondly virus is controlled by washing hands regularly may be after twenty minutes and avoiding touching our eyes nose and mouth. If one can do so and follow that he/she can survive without the virus. The virus have affected many people in the ~~the~~ country especially learners who have never have any job to do. Also it have affected the worker who ~~have~~ normally worked in the public areas.

In the

In that pupils and student whom their family are poor are struggling there in village because of Corona ~~may~~ be their parents normally struggle but now days, the Corona is there causing them to come back on time with or not having anything to eat that day. If it is not there they now sleep without taking anything to their ~~stomach~~ stomach.

Also learner who don't have television, radios and phones are struggling in terms of learning because the

Name Betty

Class 5

Years 13

ST. BENEDICT'S PARISH - KALONJES  
C/O CATHOLIC DIOCESE OF LODWAR

13 JUN 2020

P. O. Box 15 - 30500,  
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Corona ni ugonjwa atari sana  
Tagu akude wali Tovu ga ~~na~~ Kwamakasi  
Corona alitokali sha nyumbani akuna ta kusoma  
ugonjwa ni ta kuwa watu sana

ugonjwa ikiasa kichwa ina kuma

~~Tovu~~ Corona alitokali kwa shule

~~Tovu~~ a te nyumbani ~~na~~ shakola akuna

~~Sisi~~ Tagu Corona akude Tume kaa nyumbani

Sisi ni masikini Corona ime Tovu ga kwa kazi

~~Tovu~~ Corona Tagu akude atukika kanisa ni

tunakowamba utovu gue makanisa



NAME: REGINAH  
AGE: 16 YEARS  
CLASS: FORM ONE  
DATE: 13<sup>TH</sup> JUNE 2020

ST. BENEDICT'S PARISH - KALOHEVEI  
C/O CATHOLIC DIOCESE OF LODWAR

13 JUN 2020

P. O. Box 15 - 30500,  
LODWAR

### CORONA VIRUS "(COVID-19)"

This is a deadly disease. It was discovered in the year twenty nineteen in China. This disease has killed many people. It was discovered from China and it has been spread to other countries like Kenya and many others in the world.

This disease spread from one victim to the other through coughing, shaking hands, sneezing and getting into contact. The signs and symptoms of COVID-19 are a high fever, dry cough, headache and breathing problem.

Effects of COVID-19 are death and lockdown or being a jobless person. Precautions of the disease are regular washing of hands with soap and running water and being one metre away from the other person. Avoid overcrowding places and stay home to be safe from this deadly virus.



## **REFLECTIONS FROM MTOPANGA PARISH**

BY: CELESTINE

11 YRS., MTOPANGA PARISH

Since CORONA VIRUS came in Kenya I am not very happy because I am not ~~allowed~~ allowed to go to church and continue ~~to be~~ with our (mafundishio) I am not happy because I will not able to see my friends, relatives and my classmate.

When lockdown was brought I am unable to see my dad. Cause he was in ~~my~~ mombasa. My dad's name is Lukas. My dad does not work cause he would not be allow to move in mombasa.

My father is a driver. He drives lorry. He transform sail and seistone. my father is not able to pay rent.

Celestine

Eleven years old  
Class five

Name: Chrisostome

Age - 18 yrs

From - Mombasa Actudiwase - Mtopanga parish

The Corona Virus pandemic has brought about both negative and positive results which in turn have greatly affected our normal sociable culture.

To begin with, I, being a student, am indirectly affected by the pandemic since I am obliged to withdraw from my usual education process in order to curb the spread of the virus, although locked at home I have coped with the condition by adjusting my normal routine in order to help me cover the syllabus in time. In turn I have gained responsibility which has proven to be useful in my studies.

Moreover, the pandemic has resulted to us being secluded at home for a long time following the <sup>int</sup>distancing laws, this however has led to ~~the~~ me being close to my family members who would otherwise be quite distant. This has enabled me appreciate and tolerate other people's traits.

Although the police have been doing a remarkable effort in enforcing the laws formulated concerning the pandemic, a certain trend in police brutality has been observed while enforcing the laws. The justice system



BY: INES

10 YRS, MTOPANGA PARISH

12/6/2020

My name is Ines Hanyu. I am 10 years old from the archdiocese of Mombasa, Mtopanga parish.

The problem facing the children in our areas is floods. When it rains there is a lot of water, which stops us from going to school so we miss classes. The water also gives us disease such as Malaria which affects our health.

During this corona virus pandemic, schools have closed for 3 months, which has denied us children the right to education. Many children don't stay at home as directed by the ministry of health.

Many children collect bottles and irons in garbage for sell to get money to help their parents in this difficult time. Many of them do not have shoes which is dangerous to their health because they may be pricked by nails and they inhale bad smell which can cause breathing problems.

Many girls walk and play with boys who impregnate them and they may not go to school. Some girls ask boys for *vizi kikai* and samosas and the boys rape them.

Some parents give the children many works to do. This denies them time to study. Many parents allow their children to play out while the parents are in the house which makes the children get COVID-19.

I beg parents not to allow children to collect garbage so that they do not get sick and the government to make good drainage system so that children will go to school when it rains. In that time I will

## **REFLECTIONS FROM CHANGAMWE PARISH**



POEM BY: DEWAYNE

CHANGAMWE PARISH

1  
POEM

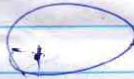
DEWAYNE

I have seen wonders with my eyes, neglect starvation  
and sexual abuse.

Is that what I came for in this world  
Early in the morning at tick clock I wake and  
prepare tea for them tasting it with sources of words  
to me, they ask is this the best you can make?  
but where, where on earth did I learn tea making  
as young as I am, mama, papa.

I have no place safe for me neither home nor  
school, When I arrive late at school, teachers knock  
on my body like drums not knowing the reason why.  
The world is becoming very tiresome to me.  
When I arrive at school pupils look at me with  
folded face they say I stink like garbage.

Parents why are you doing this to me, teachers why  
are you so mean to inflict such pain into my body.  
Let us create a safe world for the child and  
modify justice systems into more child friendly system  
for all children in Africa. Thankyou.





## 2 POEM

### I AM AN AFRICAN CHILD

I am an African child, born with a skin  
the colour of chocolate, bright and brilliant  
articulate. Strong and bold; I'm  
gifted, talented enough to be the best  
I am an African Child.

I am the son, daughter of the soil  
Rich in texture and content  
Full of potential for a better tomorrow  
Teach me discipline, teach me character  
teach me hard work. Teach me to  
think like a star within me  
I am an African Child

We are the new generation  
Not afraid to be us  
Uniquely gifted, black and talented  
Shining like the stars we are  
We are the children of Africa  
Making the best of us  
Yes! I am an African child.

MERCY



BY: TECLA  
CHANGAMWE PARISH

② POEM  
AFRICAN CHILD:

By Tecla

OUR LIVES MATTER

Africa, A continent of wonderful people,  
Beautiful children, Both male and female, Teresia  
Gifted with God given talents,  
Surely black lives matter.

But all in all in this rich continent,  
Bad things happens everyday,  
Child abuse is still on track,  
Our hearts are filled with sadness.

Parents, guideans, please lend us your ears,  
We are crying out of fear,  
Children are being mistreated out there,  
But no one seems to really care.

Most children are not allowed to join schools,  
Just because their parents said so,  
Instead, Are given manual jobs to do like working  
in tea plantations and taking care of their youngones.  
Is this how children should be treated?

Can you imagine a world without children  
Child abuse is a matter of life and death  
We are the leaders of tomorrow  
Our lives matter

This is to all children  
Don't loose any confidence  
No matter how your skin colour is  
Your live matter.



BY: EUNICE

CHANGAMWE PARISH

## 4 POEM

Covid-19 Pandemic.

14/6/2020

Jobs were put to a halt,  
Schools and churches desolate,  
we must fight the covid snare,

Common signs been fever,  
bodyache headache and coughing,  
washing hand and sanitizing,  
only way to stop the spread,  
we must fight the covid snare,

Our figures are all crossed  
As well as hope for a cure,  
A cure to make things get back,  
To how they used to be before,  
we must fight the covid snare,

Nothing comes to my mind than fear,  
Fear of losing the ones who are near,  
We must be strong we shall overcome this,  
Keep you and your family safe,  
we must fight the covid snare.

Eunice



**BY: JESSYANN**  
**CHANGAMWE PARISH**

Name: Jessyann

072

ESSAY 1

A.F.G.T Sunday Access to child friendly Justice system in Africa.

In Africa access to child friendly justice system is in poor state. If I may start with child juvenile prisons, children living conditions are poor, some children even share prisons with adults. In my view children who are in conflict with the law, should be put in correctional centers where they access quality education, their well being is taken care of and they should be guided in counselling, to change their behaviours and continue in their normal lives.

At all times the African child is intitled to good and responsible parenting where by, clothing, medical, shelter, food and good hygiene are accessible. Government systems in Africa should make sure that there are available childrens home, which are comfortable and should make the children feel at home away from home.

Due to the poverty in Africa which is caused by bad governornance children are subjected to petty trading where they meet harsh conditions, they are prone to accidents, rape and sickness. If only the systems working well where by parents are employed and agricultural sectors are well operational, everybody will be feeding themselves and children would be free from petty trading.

Covid-19 has caused alot of deaths and problems to the children in Africa, mostly the children of one month and above because of their low immune systems. The parents should make sure that children stay at home while they are away, they should also ensure that children wear masks while going out and in crowded places. The tailors should ensure



BY: RICHARD  
CHANGAMWE PARISH

RICHARD

ESSAY 2

The day of the African child, normally celebrated on sixteenth of June annually is one of the mostly commemorated days in the history of the States in the continent of Africa "the black continent". This is the day where African members of states especially children mark, in memory of the sixteenth day of the month of June in the year 1976 where many innocent souls departed due to the brutal violence from the British colonialists. It is during this time where students from the largest slums of Soweto in the Southern country of Africa marched in protest against the poor quality of education they received which only prepared them to be workers in the houses and plantations of the white settlers. Instead they demanded to be taught in their own languages.

In respect to the memorial day, the Assembly of the Heads of States and Governments of the then Organization of African Union (OAU), appointed the sixteenth day of June to be the day where these innocent souls of the African children would be celebrated annually in all the corners of the African continents to the interior.

Since 1991, the year of appointment of the day of the African child to date, the African Committee of Experts on the Rights and Welfare of the child organisation (ACERWC) has been the frontline team in proposition of the themes to be celebrated in every year. This year, the proposed theme was "Access to a child friendly justice system in Africa." In accordance with articles thirty two and thirty three of the African charter, the African Committee of Experts on the Rights and Welfare of the Child selected the theme in commemoration of the Day of the African child 2020.

BY: MARGARET

CHANGAMWE PARISH

WE NEED GOVERNMENT TO SET ASIDE FUNDS FOR 14<sup>th</sup> June 2021  
VULNERABLE CHILDREN

1 How will I access learning online?

If we don't have TVs, Radios or phones,  
Corona just came to challenge us.

We need Government to set aside funds for the vulnerable  
Children.

2 Teenage girls are becoming pregnant,  
because they are idle,

And most of their pregnancies are for their relatives.

These all is because of Corona,

We need Government to set aside funds for the vulnerable  
Children.

3 Corona needs us to wash our hands everytime,

And in our homes our taps are dry and our rivers are  
flooded.

We need Government to set aside funds for the vulnerable  
Children.

4 Floods have left us without home,

hunger and some of us have been left orphans.

No learning materials have drown in floods.

We need Government to set aside funds for the vulnerab  
Children.

Narrated by  
~~Ms~~

Margaret

ST MARY'S CATHOLIC CHANGAMWE



## **REFLECTIONS FROM KIBOMET PARISH**

**BEING A PRIEST AT THIS TIME OF COVID-19**  
**REFLECTION BY: FR. DANIEL BEBA,**  
**KIBOMET PARISH, DIOCESE OF KITALE.**



“We all need one another. As a priest, I miss my Christians and the joy of administering the sacraments to them and being with the people.”- Fr. Daniel Beba.<sup>9</sup>

It is odd and weird for me celebrating mass without my usual parishioners. Indeed, it is an emerging new reality for me as a priest. I get energy from the responses and interaction with the people during mass. Their singing and responses at mass gives a sense of a community in prayer. I am missing that now. As one of my parishioners told me, “I am missing the parish family’.

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<sup>9</sup> (Stock photo by Debby Hudson, unsplash.com)

This is a hard time for everybody. One of the things that this Pandemic has taught us is that no one is indispensable. We all need one another. As a priest, I miss my Christians and the joy of administering the sacraments to them and being with the people. Although, I try to interact with most of my Christians on social media, it is still a challenge to reach those without access to social media.

It is also a reality that most families are having hard times now. Many are struggling with the loss of jobs and businesses. There are many who depend on daily labor to feed daily. Many of whom have families to cater for. Now they cannot go out any more because of the government regulation because of Covid-19.

Children are not exempted either. Children too are witnessing how their parents or families are struggling with the government lockdown that prevent their parents from earning a living. School closures, home quarantines, and psychology distress can add to the other negative effects on children's emotional, social, and physical well-being. Children cannot enjoy life in all its fullness when they do not feel safe, free, and comfortable in their environment. They cannot perform normal activities like going to school and playing with friends, eating well and even coming to church where they meet with other kids.

Fr. Daniel Beba

St. Patrick's Parish, Kibomet, Kitale



## **REFLECTIONS FROM UTAWALA PARISH**

**REFLECTION BY: FR. JOSEPH KAMAU BOSCO,  
HOLY FAMILY CATHOLIC PARISH, UTAWALA.**



“This pandemic has exposed the inequality within families because online access to education is only for the privileged few.”- Fr. Joseph Kamau Bosco<sup>10</sup>

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<sup>10</sup> (Stock photo by Oluwakemi Solaj, unsplash.com)

One of the philosophers Socrates once stated that ‘Unexamined life is not worth living.’ I take this opportunity first to express my appreciation for the invitation to reflect and to put something in writing as we celebrate the special gift of our children though in somehow different way in this ‘new normal.’

I took time to look at the scriptures and to pray especially at this time with Isaiah 40:11 “He will tend his flock like a shepherd.” This brought to my attention of the special call given to everyone in general and the gift of priesthood in particular.

I wish to briefly explain how it has been for me as a Parish Priest of Holy Family Catholic Parish Utawala especially without a congregation. When it all started, we as a Parish got a very negative publicity, that was expected given the fear and anxiety that had been associated with COVID-19.

My first duty was to re assure my parishioners that all will be well and I took a self-quarantine for 14 days. I also was very much available to my parishioners through the phone and other social media platforms. The biggest take away from the quarantine, for me, is the recognition of “how fragile life is.”

As anxiety and concerns about the possible spread of COVID-19 takes root throughout this country, I see it as a calling to a deeper relationship with God. This age may seem to be a time of fear and isolation, but I have an opportunity to see it in a new light, as a retreat into the desert with Our Lord and to encounter God in solitude and prayer.

It is inspirational, beautiful and awesome to celebrate mass with my parishioners because it certainly lifts my mind and heart to God. I feel strengthened, encouraged, grateful, and so much more. COVID-19 has threatened that entire comfort zone and has challenged me to look for other ways to be present to the people.

Lockdown regulations imposed by the Kenyan government since March in an effort to stop the spread of the corona virus have had an impact on how people pray and worship. It has been a break from the traditional way of doing things and as a priest, I had to make sure I implement the government restrictions on all public gatherings; I had to come up with innovative ways to



celebrate Mass without the parishioners. It has not been easy for me given the fact that I find a lot of joy and life in interacting and meeting people.

I am hopeful but at the same time aware that this pandemic will change the parish outreach for the foreseeable future. I see this period as an awesome opportunity for the parish to stand ahead and provide the spiritual and corporal works of mercy because of the outreach of our parish today, that people see us as the leaders in caring and as the leader in prayer. This I have done with the help from St. Patrick's Missionary Society.

When we recognize Jesus in the Blessed Sacrament, we come to recognize also our brother and sister who suffer, who is hungry and thirsty, who is a stranger, naked, sick, and imprisoned so that I may commit myself, to their need.

As I became aware that life is fragile, I have also experienced that loneliness is high. I have tried to keep myself busy and learnt new ways of being at home with myself.

As a priest I celebrate daily Mass in private on behalf of the intentions of Utawala parish and for the universal Church to assist all those infected and affected by COVID-19. I have also made sure that during the daylight hours our main church is kept open for the possibility of private prayer or devotion. As the People of God of necessity go to the supermarkets for food, they can also drop by their church to sustain their spiritual lives.

Individually, and always keeping an appropriate social distance from one another, parishioners are free, during a time of fear and uncertainty, to come at their discretion during the day for personal devotion, communion by desire, to pray the rosary or the Stations of the Cross. I am also available for personal confessions at specific times of the week and upon request by individuals and I meet people who need some forms of documents in the office.

Pastoral care by the priest to the sick is of utmost importance during this time. I am able to visit the sick in order to encourage them while still taking necessary precautions. I am however careful not to expose anyone to unnecessary anxiety.

## **HOW THE PANDEMIC HAS AFFECTED THE CHILDREN IN OUR PARISH?**

**(Fr. Joseph Kamau Bosco, Utawala. Continued....)**

Regulations from the Ministry of Health imposed by the government in an effort to stop the spread of corona virus have had both positive and negative impacts on children in our parish. At the moment there is very little to celebrate the Day of the African Child. We need to keep watch over our children and ensure that they are protected from all forms of violence such as sexual abuse, child labour and harmful practices.

Many of our parishioners who are self-employed have had to close shop. This has left them without an income, food and some are on the brink of losing their homes. Some Parishioners are small scale traders and almost all their streams of income have dried up, and they are now battling to make ends meet.

To help address this challenge and cushion the children from the advance effects of the pandemic, Our Parish St Vincent de Paul group have in a very little way provided vulnerable families with food items such as maize flour, rice, milk sugar and medication through St. Bakhita Health Centre. The Kenyan Government has banned all social gatherings and as a result the courts have scaled down their operations and have chosen to use technology. This will definitely impact on the access to Child-friendly Justice Systems here in Kenya as those who have been accused of abusing children are asked to stay at home while at the same time exposing the children to the same danger. Where will our children access true justice? All the children in the parish are out of school and they are supposed to continue with their education through the radio or social media. This pandemic has exposed the inequality within families because online access to education is only for the privileged few.

Most children have had a very unusual time with their parents. Parents are now available to their children since most of them are working from home. Parents have come to know and interact better with their children and they have now recognised their strengths, special talents while at the same time becoming aware of the areas where they can help the children to improve. However, some parents in our parish are essential workers which has kept them busier than usual and are not able to spend quality time with their children.

## **IMPACT OF COVID-19 ON CHILDREN**

**Reflection by: Lawrence, Class 8, Holy Family Catholic Parish**

Children are likely to be experiencing worry, anxiety and fear, and this can include the types of fears that are very similar to those experienced by adults, such as fear of dying, a fear of their relatives dying, or a fear of what it means to receive medical treatment.

If schools have closed as part of necessary measures, then children may no longer have the sense of structure and stimulation that is provided by that environment, and now they have less opportunity to be with their friends and get that social support that is essential for good mental well-being.

Being at home can place some children at increased risk of, or increased exposure to, child protection incidents or make them witness to interpersonal violence if their home is not a safe place. This is something that is very concerning.

Although all children are perceptive to change, young children may find the changes that have taken place difficult to understand, and both young and older children may express irritability and anger. Children may find that they want to be closer to their parents, make more demands on them, and, in turn, some parents or care givers may be under undue pressure themselves. Mental health and psychological support services should be in place, and child protection services need to adapt to ensure that the care is still available for the children of families who need it.

Children witness families struggling with government lockdowns that prevent their parents from earning a living. Children may lose a parent or an adult caregiver because of the disease. School closures, home quarantines, and psychological distress add up to the negative effects on children's emotional, social and physical well-being. Children tend to be bored due to recreational closures which make children lose the usual enjoyments of playing, swimming and having fun. This affects them psychologically. So, we should be ready to support children and be there for them during this unexpected time. Together let's break the cycle of the novel coronavirus.



**COVID-19**  
**REFLECTION BY: JANELLE –10 YEARS**  
**HOLY FAMILY CATHOLIC CHURCH–UTAWALA PARISH**

My name is Janelle I will be turning 10 on 4<sup>th</sup> August this year. I am the second born in a family of 3 children. I go to school in Utawala. I am in class five. My little brother and I go to the same school, but my sister goes to a boarding school away from Nairobi.

Before Corona virus came, I used to enjoy going to school and playing with my friends. As soon as it reached our country, our school and all other schools were closed. We were all asked by the government to stay at home. Even my elder sister travelled back home from her boarding school.

At first, I was happy and excited at the thought of staying at home because I was getting tired with all the schoolwork. Staying away from school meant I could sleep for longer hours and even watch more TV. I thought I would have more time to play with my friends in the estate too.

However, the TV was always airing news on COVID-19. People were getting sick and many were dying. From what I heard; this bad disease had no cure at all. Then my mother was put in quarantine. They said she had been in close contact with a person infected with the bad disease.

Those were the longest 2 weeks of my life. She was locked up in her bedroom and nobody went near her. I used to stay outside her bedroom door for some time and on a number of times I am sure I heard her sobbing in the room. I was very afraid because I thought she had Coronavirus and she was going to die. According to the news on TV a lot of people were already dying.

I was so happy when the two weeks were over and she came out of her room fine. Again, my grandmother became very sick and we could not travel up country to visit her because the government allowed no movement of people from Nairobi to their counties. My mother became sad all the time because she could not help her mother. But thank God, grandmother's situation improved after some time.

Things have continued to get worse every day. We children cannot go to school yet; many children are hungry because their parents cannot afford food. Many people too have lost their jobs because many companies have closed down due to COVID-19. Parents are not able to provide basic needs for their families. Many others are not able to pay rent therefore the landlords have locked them out. I see all this news on the TV.

I see how many children especially girls are being abused. Sometimes by people from their families and others by strangers. Who will protect these children? What shall they do? To whom will they run? I feel very sad when I see and hear of such things.

I was preparing to receive the sacrament of confirmation on March 25<sup>th</sup> this year. My dreams were cut short by COVID-19. I was also looking forward to joining class 6 come next year. I do not see this happening either. My mother says that we might just be asked to repeat classes in the coming year. How sad. I feel very bad when I see all that is happening. I wonder if life will ever come back to normal. All we do is stay at home. Now both my parents are also staying at home. Sometimes I get worried when they don't go to work because where will they get the money to take care of us? But I thank God because they are still able to provide for us. I am praying that the COVID-19 ends soon so that we can laugh again.

The good thing about it all is that my mother has been trying to teach us things that we do not learn at school. I have now learned how to cook simple meals, wash my clothes, tidy up the house, clean and tidy my bedroom and wash utensils all by myself. We have also started a family kitchen garden. We now plant our own traditional vegetables like kunde, managu, terere and pumpkins. I really do enjoy all these activities. I am busy even though I don't go to school anymore. I also learned some new vocabulary from the disease that I will be using in speaking and writing compositions at school. For example, quarantine, isolation, sanitizer, social distance, and many others. I pray to God that He may help us overcome this COVID-19 disease. I long to go back to school. I long to travel upcountry with my parents and meet my extended family. I long to play with my friends again. It is boring to stay at home all the time.

**A POEM ABOUT COVID-19**  
**POEM BY: JEWEL, 11 YEARS**  
**HOLY FAMILY CATHOLIC CHURCH- UTAWALA**

Corona Corona!  
You, devouring virus!  
What name shall I give you? Who are you?  
My grandma calls you Korondo,  
Yet another one, still calls you Koronelius.  
The experts say you are COVID-19.  
But me, what shall I call you?  
Would you prefer “witch? Or “demon.”  
Or should I just call you an evil spirit?

Before you shamelessly showed your face,  
How I lived a peaceful, peaceful normal life.  
I went to school, building my future.  
I played with my friends and was happy.  
I travelled, visiting friends and relatives.  
I loved shopping in the malls and supermarkets.  
Life was good, life was enjoyable, normal.

And BOOM! You unceremoniously landed!  
First in China. And you seemed far away.  
Far, far, far away from me, from my family, my land.  
Next was Europe, and then you had no limits.  
Soon, sooner than I had imagined,  
And without invitation,  
You came to Kenya, to my motherland.

The skies went silent, there were no flights.



The roads quiet, no vehicles moving freely.  
The cities emptied; people stayed at home.  
Households went Shhhhhh, like people lost voices.  
The fear was so big, huge, I could touch it.  
The silence so loud, screaming, screaming loud.  
You appeared, and just like that, shut our lives up.

Look at us now Corona virus. Have a good look,  
Are you happy? Have you achieved? Are you proud?  
We children cannot go to school. Happy?  
We children cannot play with friends. Happy?  
Our parents won't let us go out. Happy?  
Churches are closed, are you happier then?  
All we see are face masks, masks, masks everywhere.

Our parents and guardians have lost their jobs.  
Food? Many cannot afford.  
Hospital? Many will not go for fear of you.  
Rent? A topic for another day.  
The mighty and the lowly have equally fallen.  
You came and turned our lives upside down.  
Now we lie low like a defeated army, not sure about tomorrow.

But I promise, we will conquer you Corona.  
Your days are numbered, begin packing up.  
O GOD OF ALLCREATION  
BLESS THIS OUR LAND AND NATION  
BE OUR HEALTH OUR SHIELD AND DEFENDER  
For if God is for us,  
Nobody not even you, COVID-19, can be against us!

**GOD HELP US TO OVERCOME THIS DISEASE**

**BY: CHARITY VERONICA**

**10 YEARS, UTAWALA PARISH**

I hate you Corona  
You are the worst disease  
You kill many people  
You kill even the innocent children  
This makes me sad  
God help us to overcome this disease

You make us not to go to school  
Church is also closed  
I can't play as I used to  
I can't visit my extended family  
I can't step outside the gate  
God help us to overcome this disease

Everyday TV news is about you  
That so many people are sick  
Others have died  
But luckily some are healed  
I long for when you will go away  
God help us to overcome this disease

Eh ..... Corona disease  
Everyone fear you  
We are told to wash our hands with soap  
Keep social distance  
And stay at home  
God help us to overcome this disease

## **HOW COVID-19 HAS CHANGED THE LIFE OF CHILDREN**

**BY: SHUNTELL EMMACULATE,  
11YRS, UTAWALA PARISH.**

The school closures are one of the most visible and controversial means by which covid-19 is affecting us, as children. There has been much debate over the exact role that school closures have played containing the overall spread of the virus. It is just over five months since the novel corona virus was first reported in Wuhan China, meaning that the data describing its transmission and the effects of any particular measure are still patchy.

We know, after all, that transmission is higher in densely packed, indoor spaces, and although the danger to children may not be as high as the risk to the adults teaching us, the virus does seem to evoke an extreme reaction in a very small number of pediatric cases. Crucially, as children may become carriers who transmit the virus to the most vulnerable members of the society such as our grandparents. Home schooling also assumes that our parents are sufficiently educated and have enough time to be able to help with the lessons.

All of which may make a full return to normality unlikely for us children in the next few months. And when that is combined with stresses of living under isolation and quarantine it may have some serious consequences delaying our cognitive emotional and social development, since those who are poor will not have any food to help them in this period of covid-19.

More serious concern is that when schools are closed for long periods many children will begin to forget what they already know a regression that will be much harder to remedy. Clearly even relatively brief periods of time out of education can have a lasting impact; it is not just missed opportunities for learning that need to be considered during the current crisis. Not all children will be affected in the same way, leading some experts to fear that this will widen the gap in educational achievement between richer families and poor families. I plead with my mum, nowadays lipstick is at its storage. My mum can't apply lipstick anymore because of this mask. Covid -19 or corona when will you ever end? I pray to God that He may take this novel corona virus away from us so that we can go to church, school and our parents can go back to work.



**UGONJWA WA CORONA**  
**SHAIRI BY: ANNE GLORIA (8 years)**  
**HOLY FAMILY CATHOLIC PARISH, UTAWALA.**

Ugonjwa unaitwa Corona umeingia nchini Kenya  
Ulianza huko Wuhan nchini China, ugonjwa huu umetatiza na kuua watu wengi  
Watoto pia hawajaachwa kando, wamekosa kuenda shule, na hawawezi cheza kama kawaida  
Ugonjwa wa korona, nani hakuogopi

Kila siku idadi ya walioadhirika inaongezeka  
Ni ngumu kujua kesho itakuwa vipi  
Wala ni siku gani ugonjwa huu utamalizika  
Ugonjwa wa Corona, nani hakuogopi

Corona tumechoka na wewe  
Mimi natamani kuenda shuleni na pia kanisani  
Nani atatusaidia, sote tuombe Mungu  
Ugonjwa wa Corona, nani hakuogopi

## **REFLECTIONS FROM KIAMAINA PARISH**

**TO BE PARISH PRIEST IN THIS TIME OF COVID 19 IS TO ME A BIG CHALLENGE  
AND A PRIVILEGE.**

**REFLECTION BY: FR JOHN MAINA,  
KIAMAINA PARISH, DIOCESE OF NAKURU.**

**Privileges**, plenty of time for prayers, adoration and reading. I got to plant 1200 trees in this parish. Renovation of churches and among other ongoing projects. Working in garden planting and cultivating vegetables, bonding and enjoying conversations with my colleague priest and seminarian. I too have enjoyed great moments of silence and serenity in our compound. I have found joy in helping the needy. Waking up to bring some food to the elderly, mental cases or physically challenged persons gave a lot of meaning to my ministry as a priest this time. As well as sending messages of encouragement and hope to people.

**It's a challenge.** celebrating mass daily to empty pews, leaves me with a lot of questions without answers. Why all this? Big number of the elderly and cancer patients leave me so helpless.

**I offer funeral masses** in absence of the body and family in church. Then I proceed to family graveyard for burial rites. I find this very painful and depressing experience for the family. I lack words to console them adequately. Deaths are regular here and are causing a lot of tension in families and the church.

**Controlling crowd in burial.** funerals here attracted many people I do burial rites early in the morning mostly between 9am and 10 am and not more than 30 minutes as a way of controlling gathering. This is new history and culture to this community.

**Visiting and anointing the sick** is another challenge, with fear of contracting covid 19 or being infected unknowingly and bringing it to my clients.

**Feeding hungry families.** From April we have fed more than 420 needy families every month.



**Taking care of mentally challenged and physically challenged persons.** Dealing with **domestic conflicts** among couples, parents versus their children, and siblings, **youths** engaging in criminal and immoral behavior.

**Suicide cases;** giving hope and discouraging some individuals who turn to me contemplating suicide, and youths frustrated by joblessness and idleness wondering whether they are mentally sick, cursed or they are possessed. High financial demand but very little income coming in.

*It is a challenge Being in control while feeling out of control. I feel despite all I have to be present with the people and remain focused to peoples' needs here and now.*



“I do burial rites early in the morning mostly between 9am and 10 am and not more than 30 minutes as a way of controlling gathering... It is a challenge being in control while feeling out of control. I feel despite all, I have to be present with the people and remain focused to peoples' needs here and now.”- Fr. John Maina.<sup>11</sup>

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<sup>11</sup> (Stock photo by Avel Chuklanov, unsplash.com)

**IN THIS PARISH SOME CHILDREN IF NOT MOST OF THEM;**

1. Feel confused, disturbed, idle and lonely, and, being closed in house or in the home compound. No freedom to play outside like before. Unhappy and uncomfortable with no handshake.
2. Learning without a teacher & no asking questions while standing through TV. No meeting friends make children very anxious.
3. Washing hands all the time and they are not used to that leaves them with many questions and wonders.
4. The mass change. Wanted church open for those waiting for baptism during Easter. They were very sad. Most feel watching mass in TV is not enjoyable.
5. Children are becoming hopeless after learning many people are still getting infected while others die.
6. Disappointing parents most the time spending time on TV and forgetting their duties.
7. Living in fear of being infected and are Uncertain of going back to school.
8. Some children from poor background they don't receive any updates on education no tv or smartphone in the family.
9. Some children complain of Verbal abuse and hitting from their parents, feel rejected and few run away from their homes.
10. In farms children complain of being Overworked.
11. Some have become disobedient, Stressed, Depression, Suicide tendencies have risen. In another parish a 13-year-old boy committed suicide.
12. Teen marriages in some cases.
13. Poor families in Rental houses, children go without food, some engaged in drugs and in stealing and feel so humiliated when caught.

## **REFLECTIONS FROM LONDIANI PARISH**



**DAY OF THE AFRICAN CHILD: MY EXPERIENCE DURING COVID-19 PERIOD.**

**REFLECTION BY: FR DANIEL KIPRONO,  
LONDIANI PARISH, DIOCESE OF KERICHO.**

I vividly recall last years' experience while we celebrated the African Child. It was full of joy and love. Children danced, sung and visited the needy children with gifts to show them their sense of belonging. What we have experienced this time round is a dramatic change of events where children expected a bigger celebration than last years. They have kept asking me whether we are going to have celebrations but I had no answer to give them because I was hoping against hopes that by this time the pandemic will be over. Now, it is a reality that we are not going to have the celebrations as expected.

No one expected this pandemic but indeed it is with us and has affected the entire world; the way of life, socio-economic situation and religious life was not spared either. As a parish priest during this covid-19 pandemic, my apostolate has not been done and accomplished as usual.

Spiritual activities like celebrating the Eucharist and administering the sacrament of baptism was this time omitted during Easter which is almost unheard of to especially catechumens who are mostly children. The children could not understand the situation having prepared all along for that very special day where they would be baptized and others receive the first Holy Communion but this is our situation.

As well, people have not been able to congregate and fellowship though I have been able to reach them especially the old, sick and bereaved. Children being the most vulnerable have not been granted even the smallest opportunity to go to church and worship in their own small ways. Therefore, their relationship with the creator has been somehow de-linked, which could be detrimental to the future church. The young people who are normally faced with challenges, peer pressure, and all these challenges facing them under normal circumstances we have to organise for seminars in order to guide them in how to live and handle the challenges or situations as they come. During their holidays they are able to be kept busy through sports, parish activities like taking care of the environment, drama and others. Hence, no time to be idle in order to curb uncouth behavior.



“Spiritual activities like celebrating the Eucharist and administering the sacrament of baptism was this time omitted... The children could not understand the situation having prepared all along for that very special day...” – Fr. Daniel Kiprono.<sup>12</sup>

This pandemic has also affected family life. This is evident in that domestic violence has escalated to a very high rate. Some of these challenges have been resolved by the priest through the office and an amicable solution found but there is still a lot out there.

In Conclusion through the experience the priest, the church and the world has gone through, we would never want to be part of such an experience again.

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<sup>12</sup> (Stock photo by Anna Gru, unsplash.com)

BY: DANIEL

## 15 YR OLD LONDIANI PARISH

### 15 years MY EXPERIENCE DURING THIS COVID 19 PANDEMIC TO ME AS A CHILD.

My experiences during this covid 19 pandemic to me as a child are for example learning institutions have been suspended therefore affecting me as a child because for example ~~there are~~ some in a subject like ~~now~~ Mathematics, physics there are some calculations whereby you need someone to teach you and because schooling have been suspended ~~the~~ teachers and students are at home because of fear of this pandemic.

Also some of us cannot access online learning this is because not everybody can access internet and so some are advantaged and some are disadvantaged for example me. I cannot access online learning because of such reasons.

The other reason is that all gatherings have been suspended leading to ~~the~~ <sup>closing</sup> ~~suspension~~ of worship centres. This have affected me as a child in such that I can't go to church service anymore ~~and~~ including other several ~~for~~ reasons.

Some of the parents need to go out every morning and back at the ~~evening~~ evening in order to get their daily bread. This is because some are business people and therefore their business ~~have~~ <sup>have</sup> ~~gone down~~ have been affected ~~to~~ and because of this they cannot meet their needs for example my ~~the~~ friend's parents ~~are~~ also affecting me as a child.



# CREATIVE WRITING / FICTIONAL WRITING

BY: ANDERSON, 13 YRS, LONDIANI PARISH

13 years Composition ANDERSON  
CORONA VIRUS IN MS

One day, our teacher came and told us that the president had closed all the school and we would not be coming back for a while. she told us that this was because of a new disease called corona-virus that was making people sick all over the world.

When I got home, I had to do my work at home, and I learnt the following about the new disease and about doing my school work from home. In that day, I learnt that corona virus is real so many countries on earth are affected from this disease is spreading very fast. we must be very careful about this disease.

In this disease we are suppose to wash hands with running water with soap and to wear mask so that the corona virus will not get you. In this diseases we are suppose to be very care

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CAREN 16 years

MY EXPERIENCE DURING THIS COVID 19  
PANDEMIC TO ME AS A CHILD

This Pandemic had brought a total change to the world including our country and most likely to me.

First, it had left a wound in my heart that is too raw to probe as my hopes of pursuing my dreamer through studies had been badly shaken by this pandemic.

Secondly, we are restricted on social gathering, shaking hands, hugging with anybody with flu-like symptoms or even with anybody as we are advised to take everybody as a suspect and thus making it hard as we were used to it many years back. We are also told to wear a mask and to keep social distance which in turn we are not used to it and even we sometimes forget and continue as usually.

I remember one day during this Covid 19 pandemic, I slipped into my elegant fabric which made me look spik and span ready to go and visit my grandparents thinking that when I reach there, I would be warmly and fondly received. But when I arrived there, I was directed to one of the stores in which I played in there for four ~~to~~ days. To make the matter worst, the worshipping places had been closed down and thus affecting me as I was used to going to church.

Finally, I remember during holiday times, we used to have groups for revising together, but during this pandemic there is nothing

Caren

Pg 2

like that as nobody is inviting visitors anyhow  
and even there is no social gatherings and  
Moreover, most of our homes are small and  
thus it is impossible to keep social distancing.



PATIENCE

10 years



SHADRACK

12 years



6 years BRIAN [redacted]



One Meter away





13 years

STACY

MY EXPERIENCE DURING THIS COVID 19  
PANDEMIC TO ME AS A CHILD.

It was sunday evening, i heard news from the radio that all schools were closed. I thought it was a dream but in reality it was true.

I asked my friends and i asked my father to call my class teacher to confirmed if it was true. Which she said it was the truth.

I was very dissappointed. After some weeks i heard president saying that some counties like Nairobi, mombasa, kilifi, kwale and wajiir will be locked.

I have experienced difficulties situation when covid appeared, like minimise social, going to church and pray, sing and worship. I even missed my classmates at school, going to assembly and i missed teachers at school.

This corona has tortured many people killed them living some people like orphans.

As a child i have because of this pandemic it has limited movement.

As a child i won't be able to hide from this virus forever, i know i will return to school and continue studying well with no problem because i will know how to handle the situation with this pandemic.

BY: ESTHER KORIR

TRAINER/VOLUNTEER, LONDIANI PARISH

DAY OF AFRICAN CHILD 16/6/2020

Theme: "Access to child friendly justice in Africa"

Day of African child will not be celebrated as in previous years because of COVID 19 Pandemic which has affected not only Kenya but the whole world.

This year is very different and difficult to every person including our children. At the moment our children do not attend their learning in various institutions in fear of being transmitted with corona virus that is passed on from one person to another through small droplets from the nose or mouth which are expelled when a person with COVID-19 coughs, sneezes or speaks.

Children do not attend social gatherings eg Sunday services, funerals, weddings. They are not allowed to interact with their Agetates in recreational activities. This has made our children feel as if they have been imprisoned or held up.

Most children have been over-worked in the farms or other household chores which has summed to childlabour.

Some children have been abused sexually physically and emotionally. In some communities girls are pregnant and others disappear at their homes. Later they are discovered that they are married. Boys too graze their animals in the nearby forest for long hours and they are caned if they allow their animals invade farmers crops.



Parents who have lost their jobs undergo some stress which has affected their children emotionally.

The guidelines that the government have put in place to curb the spread of Corona virus are not adhered to by some parents. Children do not wear masks because some parents do not afford for everybody in the family.

Learning at home through E-learning has disadvantaged some children whose parents do not access television or radios. Some places have no electricity yet.

During this time of Covid-19, as people stay at home, parents have had good time to be with their children, so that they can direct, mould, guide, correct, hear from them and instil good values to their children.

As an ambassador of child protection, I have sensitized children I meet on the importance of observing the protocols laid by the government to prevent the spread of corona virus.

I talk to parents to take care of their children not to contract the corona virus during this time.

I have informed parents not to allow their children attend social gatherings e.g. funerals conducted in our villages.

I have helped some children with



food who went from house to house for help. I have also demonstrated hand-wash with soap and water. And I have asked some families to instal an improvised container for washing hands.

I am planning to reach more children in my village and sensitize further on the COVID-19 pandemic, and volunteer to work with health-officer to provide the necessary items to vulnerable children in my parish.

I would look forward working with children in future, and help them contain the corona virus by observing the protocols of washing hands with soap and running water regularly, observing social distance, wearing masks, sanitizing, avoiding social gatherings and not shaking hands. I will also provide guidance and counselling to children who have undergone stress, shock and panic for losing their family members, and those who lost their jobs.

Finally I will encourage parents or guardians to continue with their daily work to sustain their children. They should also protect their children against COVID-19 by providing for them things that help prevent the spread of corona virus.

In my own opinion, COVID 19 is a preventable disease though no cure at the moment. If everyone become responsible of taking care of her/himself and other members of the community. Then this disease will go down.

BY: FAITH

13 YRS, LONDIANI PARISH

Faith

13 years

The way that corona virus had affected me is that no going to school, no going to church, no interaction with other people, ~~no~~ shaking hands with others and you can not stay with your friend in one chair or one desk.

Prevention of covid-19 is washing hands with soap and running water, avoid shaking hands and hugging people, avoid being in crowd places, and practice social distancing (2 m apart). Covid-19 symptoms are fever, cough, tiredness, muscle pain and difficulty in breathing.

When you went to large crowd you must wear a mask and practice distancing two metres apart to your partner, and then when you come back you must remove your mask and throw or wash your mask with soap and water, then you must wash your hands with soap and running water to prevent the spread of this disease.

This covid-19 is a very very killfull disease and very troublefull disease and by the end of this month God will open doors in heaven and kill this disease and we shall go to school and go to the church to worship our God who is in heaven.



BY: SANDRA

16 YRS, LONDIANI PARISH

16 years

NAME - SANDRA

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## MY EXPERIENCE DURING THIS COVID 19 PANDEMIC TO ME AS A CHILD.

My experience during this covid 19 Pandemic to me as a child has been interesting although, sometimes we endure some experience. I being a form two student ~~have~~ <sup>have been</sup> at Lorrainian Girls secondary school have come to realize that this COVID 19 pandemic has some challenges. Most people have lost their jobs during this covid 19 Pandemic. These people who have lost their jobs lack funds for their daily needs some becomes homeless because of this pandemic.

Another Challenge that I have notice as a child is that as we are at home youths get the freedom ~~or~~ to mingle around that continuing to study at home. When they are left at home alone they get the chance to roam around aimlessly. Its like they enjoy staying at home rather than being at school. These youths roaming around make new friends and they start doing things that ruin their life.

Youths sometime engage in somethings that are not right for them to be doing. They engage in drugs ie bhang, khat, Alcohol etc. These drugs may damage their bodies thus causing some to be addicted and other may get some disease which cannot be cured. Other befriend each other and they engage in sex intercourse. When they engage in this sex intercourse they contract diseases like STIs and HIV/AIDS while other get pregnant at a very young age.

Staying at home has been challenging rather than being at school because at home one is distracted by many things. These things include phone, laptops, and television. Children ~~to~~ <sup>use</sup> these gadgets rather than studying. For me I hope schools open soon.

Not to forget I have learnt ~~the~~ ~~so~~ about Covid 19.  
The signs and symptoms of Covid 19 include: Sneezing, Coughing,  
headache, loss of breath, high temperatures, Dismiss and chest pain.  
Its preventions include: Washing hands, Sanitizing,  
social distancing and Wearing masks and also I have  
learnt that Covid 19 can be contracted by people  
who have serious diseases such as Diabetes and high  
blood pressure.



Name: Sonia

Age: Sixteen Years

Parish: Saint Kizito Londiani Parish.

### ACCESS TO CHILD-FRIENDLY JUSTICE IN AFRICA.

Each and every child in Africa has the right to access child-friendly justice. This is justice that is accessible, age appropriate and also which respects the right to integrity and dignity. This justice is adapted to and focused on the needs of the child, respects the right to participate in and to understand the proceedings and also respects the right to private and family life.

Making the justice process to be child-friendly is a key priority for the children's rights community. Despite unequivocal acknowledgement that the availability and accessibility of information is the crucial starting point in a children's rights-based approach to dispensing justice, there has been surprisingly little attempt to scrutinise the availability, quality and accessibility of information about Law and policies affecting children.

Millions of children throughout Africa do not have access to justice that is needed to realise their rights. There are several reasons for this. For instance, African justice systems are often hard to reach because courts are situated in large towns. Children cannot also approach a court in their own right. Another barrier is Lack of effective participation by children in the justice system and justice for children is not a priority of governments.

Lack of accountability for violations of rights including child labour and other forms of violence against children is another barrier. There is also violation within criminal justice systems because the local authorities capacity is limited to the legal procedure and corruption is another great threat. All these hindrances to access child-friendly justice are solved since there are better ways of finding a solution and accessing this justice with care.

First and foremost, children need adequate information about their rights and role in justice process. This can be done in a variety of ways and formats including at school. Another important step is to constantly train justice and police officials, probation officers and social workers about children's development and other needs.

Child's best interests should also be acted upon. They should be a primary consideration in all action taken when children are in contact with the Law. Their voices should also be heard by being given the opportunity to participate in judicial proceedings in a meaningful and safe way with adequate support and procedural safeguards in place.

All the children should access child-friendly justice without being discriminated because of their age, gender, ethnicity, disability or other status. Therefore, protecting children from discrimination is very vital and keeping them safe to enable them to participate in proceedings without risk of secondary victimization.

Children should be engaged in child-sensitive communication. This is by use of simple vocabulary, avoiding professional language and legal jargon and also asking clear and unambiguous questions. This allows children to fully participate and access child-friendly justice with ease since communication is the basis of good quality legal aid.

Lastly, building a relationship of trust and support with a child's client is of great importance. When the child is met in person, a positive impression is created and this makes the child feel safe and supported. It is good to understand children, their needs and rights, support them in everything and grant them all the access they need to child-friendly justice.

## **REFLECTIONS FROM KIPSAINA PARISH**



**REFLECTION BY: FR MATT MCGRATH,  
KIPSAINA PARISH, DIOCESE OF KITALE.**



“Recently I began to distribute maize meal to all the stations. They, the poor ones, get 6 kilos of maize meal using the [Kshs.] 10,000/- the Safeguarding Programme sent some time back.”- Fr. Matt McGrath.<sup>13</sup>

Here we are in Lockdown for three months although there has been no report of any COVID-19 Infections or deaths here in Trans Nzoia County. Life is a bit challenging and restrictive but on the other hand it is a chance to rest a bit, to pray and to reflect on our work here in Kenya.

In this Parish we were able to do some Church Construction work as well as collecting Lenten Campaign envelopes and envelopes for the disabled collection and we are preparing for the Collection of Peters Pence. The Church and the schools are closed but the Parish Office here is always open

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<sup>13</sup> (Stock photo by Jordan Rowland, unsplash.com)



About children, Thomas Mukhwana 13 years wrote;

**“Life is worse now than it had been before the Lockdown. We pray God to stop this sickness of COVID - 19 so we can go to school and Church again.”**

The children are free. They do not have much work to do. Recently I began to distribute maize meal to all the stations. They, the poor ones, get 6 kilos of maize meal using the [Kshs.] 10,000/- the Safeguarding Programme sent some time back.

Thanks, and God bless you all

Blessings,

FR Matt McGrath. P.P. KIPSAINA PARISH

**CELEBRATING THE DAY OF THE AFRICAN CHILD**  
**REFLECTION BY: HASTINGS SAWENJA,**  
**CHILD SAFEGUARDING SECRETARY, ST. PATRICK’S PARISH KIPSAINA**

As we mark this day, we remember and pray for the souls of our brothers and sisters who lost their lives during the Soweto uprising in South Africa. The children were demonstrating against the violation of their right to education due to racial discrimination. Today as we celebrate this day, we are faced with similar situation where children are subjected to a lot of abuse despite stringent measures put in place to check the same.

The AU earmarked 16<sup>th</sup> day of June each year to celebrate the efforts of the African Child. Consequently, this year’s theme is “Access to child-friendly justice in Africa” resonates well with what is going on globally. The celebrations are being undertaken at a time when the whole world is fighting COVID-19 pandemic. The economies, societal set up and spirituality has been adversely affected, prompting countries to put in place containment measures to help gap the spread of the pandemic, Measures which have changed the order of the day.

Following the announcement by the Kenyan government that a case of COVID 19 has been reported in Kenya in March, and the indefinite closure of all learning institutions, life has not been the same. As a champion and crusader of child rights, this scenario has exposed our children to open abuse. The homes are not secure as compared to schools where rules and regulations are followed to the later.

Due to economic constraints, parents are under immense pressure during this COVID 19 situation, hence compromising the security of the children. Domestic gender-based violence is on the increase hence affecting children emotionally. Child labour is rampant owing to food insecurity in the homes. Cases of sexual abuse are on the increase; child traffickers have also taken advantage of COVID 19 situation to lure children by promising them heaven. We are bound to witness a huge number of girls drop out of school due to unwanted pregnancies. With the closure of schools, the government resorted to online classes which are however not viable because not all pupils and students access the services. For those who are able to access, are prone to abuse. Increasingly the

internet and mobile phones also put children at risk of sexual violence as some adults look to the internet to pursue relationships with children. There is also an increase in the number and circulation of images of child abuse. Children themselves also send each other sexualized messages or images on their mobile phones; so called “sexting” which puts them at risk for other abuse.

Dear parents, guardians, caregivers and children who have assumed the role of parents owing to one reason or the other, the situation you find yourself in, calls for concerted efforts of all to provide and maintain a nurturing and protective environment for all children. Life in the COVID 19 situation is not rosy either. Hence you have no choice but to embrace and cultivate the following tenets: need to invest in good relationships with our children. Adhere to online safety skills. Parents should take advantage of the COVID 19 situation to bond with their children. Take time to enlighten your child on the pros and cons of the use of the internet. Engage your children positively while at home. Remember children emulate what parents do; hence role modeling is key to raising a stable family. I suffice to say here that protection issues are all time.

Let us all aspire to nurture and protect children under our care and to support their growth and development in all aspects of life.



“Let us all aspire to nurture and protect children under our care and to support their growth and development in all aspects of life.”- Hastings Sawenja<sup>14</sup>

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<sup>14</sup> (Stock photo by pexels.com)

## **REFLECTIONS FROM BANGLADESH PARISH**



**REFLECTION BY: FR NICKY HENNITY,  
BANGLADESH PARISH, MOMBASA.**



“The people I worry most about is the youth and the children as I think they find it difficult to cope. They miss coming together in the classroom and especially in the Church either for Sunday School or for baptism classes. Their parents are in denial so it’s hard to get a serious message about the virus across to them.”- Fr. Nick Hennity.<sup>15</sup>

When the first case of corona was reported in Kenya, I was certain that the informal settlement of Bangla would be badly affected by it. The population of 20,000 ++ with five ++ to a small room made social distance an impossibility. The fact that water was in very short supply meant that regular hand washing would be a problem. When the curfew was introduced life in Bangla continued as normal and volume of noise did not decrease until after 10:30pm each night. When the local people did not see people dying from the virus, they concluded it was a means invented by government to obtain money. With all thing I concluded that we are going to have many deaths but that was not, and still not the case. We do not have any deaths from the virus in Bangla so I hope and pray it remains like that.

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<sup>15</sup> (Stock photo by Doug Linstedt, unsplash.com)

As a priest it was a very strange experience as we had no Palm Sunday procession, no Holy Week ceremonies, no Easter celebration plus no public celebration of Pentecost or Trinity or Corpus Christi. It was a totally new experience so life became rather shallow with no regular contact with the Christians. We continue to say private masses and pray for the parishioners. The regular contact is something I miss. For older priests like myself with other health issues it means that you have to be careful. It's a worry that you would not normally worry about but with corona it's a different story.

The people I worry most about is the youth and the children as I think they find it difficult to cope. They miss coming together in the classroom and especially in the Church either for Sunday School or for baptism classes. Their parents are in denial so it's hard to get a serious message about the virus across to them. They are falling back in their practice as many of their parents are not Catholic so there is no serious parental guidance to help them cope spiritually. I presume that the issue of domestic violence must be having a serious effect on them as well. The whole issue of opening up again of Churches is a very important one and especially for the youth. We pray that God will bring something good out of this unusual situation both here in the slum and worldwide.

CHILD LABOUR

Child labour is whereby work that is harmful to the physical and mental development of a child. For example abusing a child who is not yours, giving them house-chores or farm-chores when they are expected to get education. By this we will say, that child is being abused.

I would like to share a story with you of a one child named Gangaa. Gangaa was a small tiny beautiful girl. She was six years old. She was an orphan. Gangaa lived as an orphan for a half year. One day she was loitering around, she was taken by a man to an orphanage. When Gangaa reached to an orphanage he said that life there was difficult. Gangaa was down to mouth, she didn't accept. One day a woman in that orphanage told Gangaa that you're suppose to shave your hair. But Gangaa didn't accept. The woman forced the girl to shave but she did not succeed. After two days Gangaa realised that the woman was jealous because Gangaa had beautiful long hair.

The woman was really unfaithful to Gangaa. The girl was given a lot of house-chores. The woman usually Cain Gangaa when she has not done the house-chores well. People in the village were sorry for her but the woman was really like being out of ordinary. During at night the woman usually tell Gangaa to wash all the utensils of all people in the orphanage.



One day members of a certain catholic church which was held in Kibarani decided to visit the orphanage. When they reached there they saw Gangaa washing a lot of utensils; they were so sorry for him. The mother who abused the right of Gangaa so that she was in the tower of babel, mean confused. When that woman heard that she was in a wet gun. That woman was really disappointed. In a jiffy, a young man wanted to adopt the child but the woman didn't accept because she knew that Gangaa will left for her all chores.

The man asked Gangaa if she was going but Gangaa replied, "I don't even know what is school." The man went to police station and wrote a statement of adopting Gangaa. Gangaa was taken but that man and lived with him in her own big house in Kibarani. The woman who took away the rights of Gangaa was arrested the whole life in jail.

I would like to give you an advise to the people who like to abuse children that, all the children in the world have work to do according to their age. And the last but not the list is that they are supposed to do work that does not affect their health or schooling. From this then I have learnt that abusing a child is against the law. And if you have done that you will be jailed all the days of your life. And for my stand I would like to say child labour should be burnt.

RAPHAEL NYATAYA  
TRAINERS  
BANGLADESH PARISH  
KIBAZOI OUTSTATION

13<sup>TH</sup> JUNE 2020.

RAPHAEL NYATAYA

TRAINER

BANGLADESH PARISH

TITLE "I CAN'T BREATHE"

AFRICAN CHILD.

16<sup>TH</sup> JUNE 2020.



The Cries "I Can't breath" to our children. Since the Worldwide trend of "I can't breath" under the duration of 8 minutes 47 seconds late followed by demonstration globally with Slogan "Black PEOPLE matters, turns to us that our children matters greatly.

The extreme children at the slums are engagement into so many crisis of abuse, especially during this long period of home stay with less supervision and careless parental guidance. These lead me to subdivide and called it Society pandemic, reports of justice should be announced on sky broad light. Remember the shadow leaves you after entering a channel.

If we continue to treat abductors normally they will continue to treat our children abnormally as I clock to the real issues, our children should take correct measures and educate more about deadly venom of child abuse. Which is spreading at alarming state and some cases uncovered against right to be served around our courts corridors.

Kind of mercy, my sentiment is for children since schooling was officially called off due to corona-virus or Covid-19, children in villages mingle with<sup>no</sup> knowledge of Covid-19 hence my imagination came up with this meaning of Covid-19 as:



**C** - Stand for **C**hildren  
**O** - Stand for **O**f  
**V** - Stand for **V**illage-slum  
**I** - Stand for **I**ndeed  
**D** - Stand for **D**enied Rights.

Children of Village-slum Indeed Denied Rights  
vividly seen when cases wrongly handled  
towards children.

Socially, Physically, Emotionally abuse action  
should be strongly condemned since the challenge  
comes out, better to swallow but we all need  
to stand up and fight till end of this merited  
action.

As learning online is encouraged, a strict measure  
to protect them to save future generation the  
remedy to this problem is actually same as  
health directive.

(i) Social Media

Parental control on what kids do on  
internet is matter of concern. Keep on toe  
every single thing kids do. Never leave  
children do what they want or see  
it might not be helpful for the development  
of children.

(ii) Sanitize.

Parents should prove what to be watched  
before expose children to dirty stuff.  
that can interfere with their minds.

(iii) Stay at home.

Parents are teachers at home, hence staying home is not home we stay but lessons learned from Internet.

(iv) Watching regularly.

Children should be with Parent Vicinity to know what they do and to add on that children should wash regularly to control the virus of the day.

(v) Self Quarantine

Society should defend rights of children when attempt of abuse is seen or committed by Parents or Public.

(vi) Wear Mask

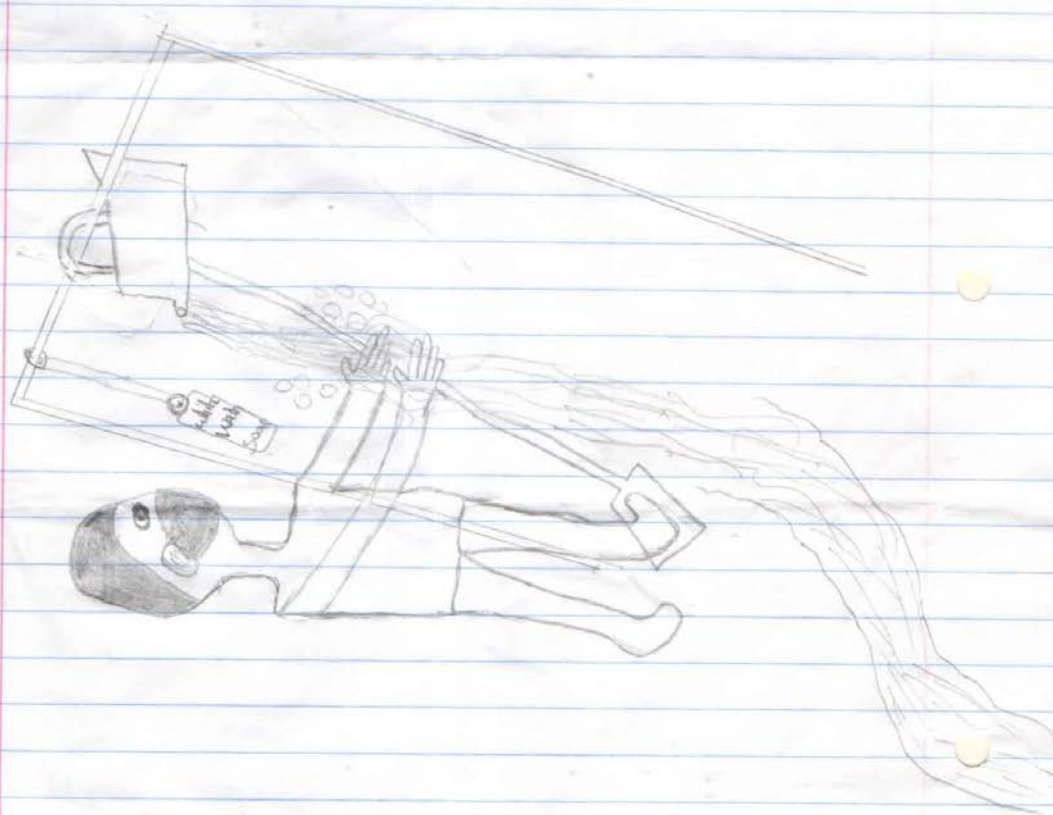
In avoidance of children abuse never keep Silence against children rights to be ~~ever~~ acted upon. boldly stand up for African child and together we shall make it.

To summarize I salute the children Safety members together with those who stand for children, work tirelessly we will win, let's not look back because when you want to cross the ~~er~~ river you must be ready to leave river bank sight and focus on the other side.  
Have happy celebration of **AFRICAN**

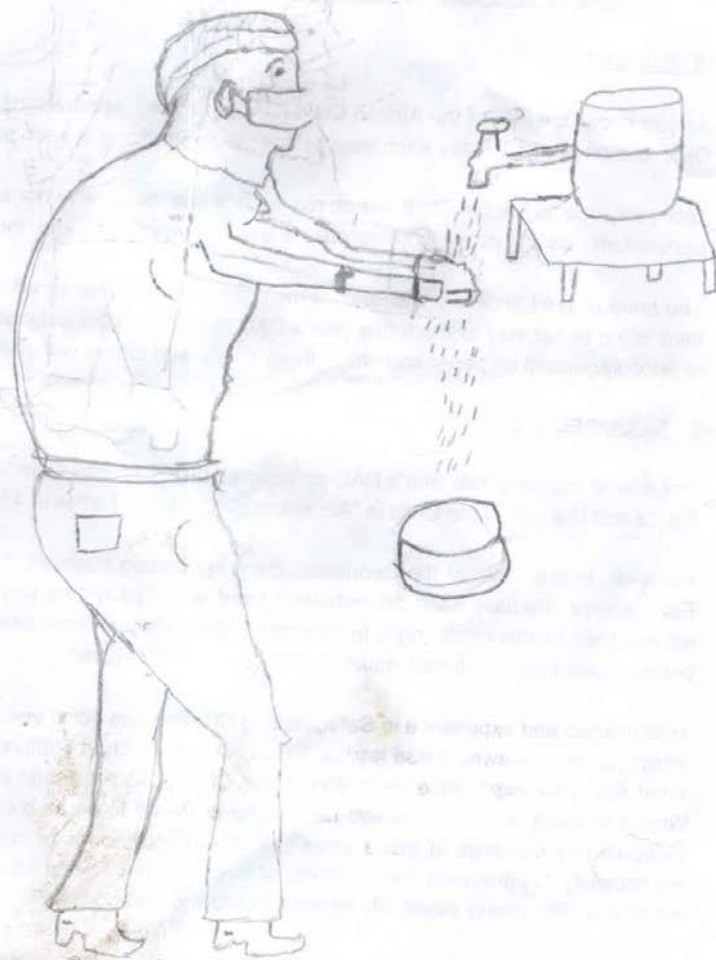
**CHILD DAY**

**[D.A.C.]**









**BY: KAREN**

**11 YRS, STD. 5, BANGLADESH PARISH**



BY: MARTHA

STD. 5, BANGLADESH PARISH

Martha

STD 5



A person washing hands during coronavirus pandemic. We must wash our hands and wear mask frequently to stop coronavirus. We must wear mask everywhere we go.



### CHILD LABOUR

Labour is a hard work that you do with your hands and body. Child is a young boy or a girl, whereby when you are abusing a child who is not your's either a boy or a girl that is child labour.

When you are abusing a child you are not doing right way, also you are not obeying the law. Why? Because the law does not like child labour. When you do that you can be caught by police and put to jail. You can be stay at jail for many years even you can stay forever and even you can die.

Once upon a time there was a lady his name was Vicky, she had a husband his name was John. They had one daughter called Natasha. John he was a good father to his family, but his wife she was jealousy and unfaithful. Everytime she was angry and sad. Vicky she didn't like Natasha, she even give him time to rest.

Natasha he was honest and faithful as a dog. She was a short, fat, beautiful girl as a queen. Natasha she had a good behaviour, helping at the church and obeying his elders. Vicky she didn't like his daughter everyday she beats him and give him a lot of work that cannot work. Vicky she was doing that because Natasha was not her daughter.

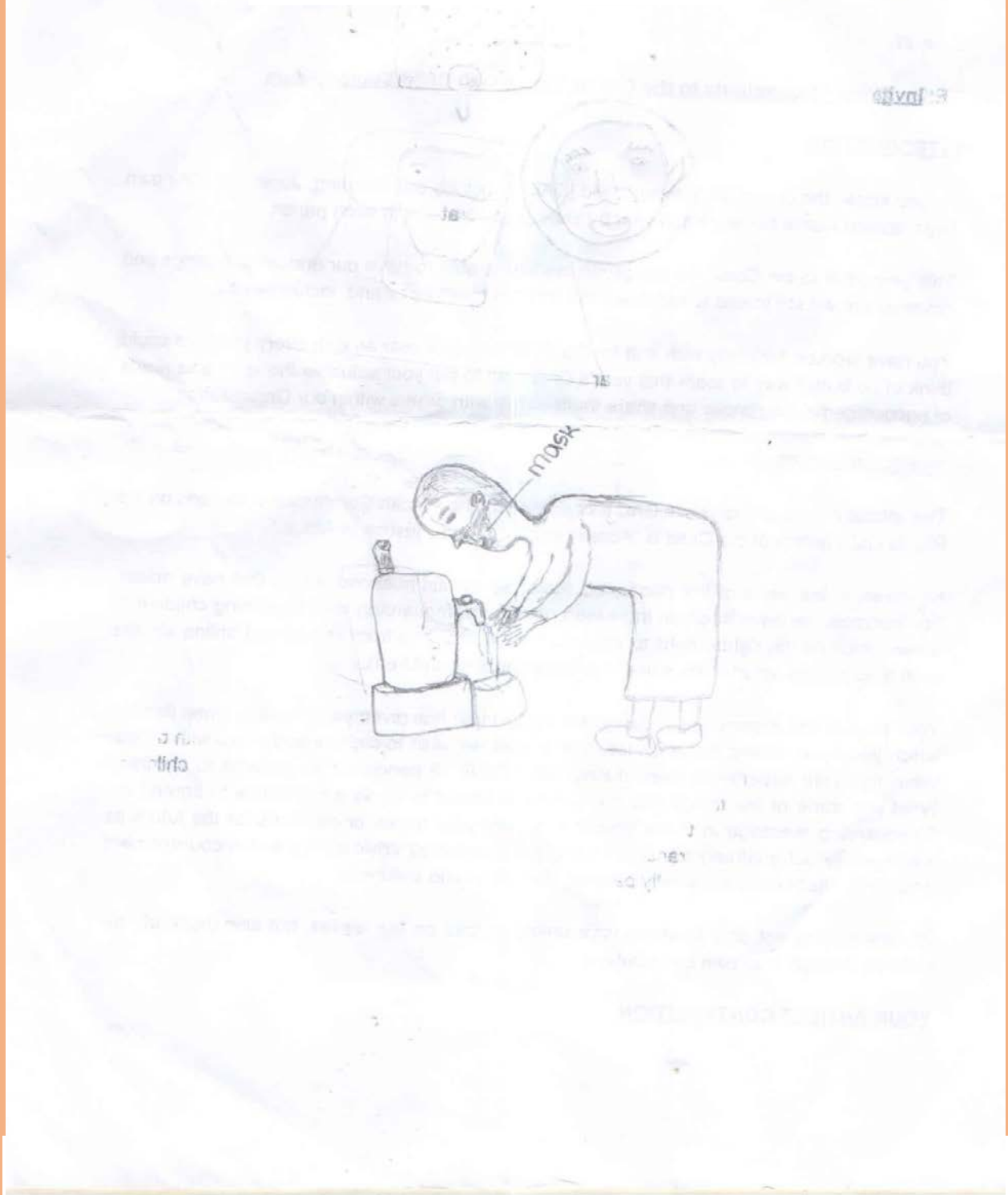
John he didn't now anything because he goes to work, but Natasha he was quit, she didn't say anything. Sometimes Natasha she sits alone and start crying. Natasha she was becoming thin. Natasha's father he was thinking everytime he was giving her self many questions, "Why my daughter she is becoming thin everyday?" he said to him self. I must know why Natasha is becoming thin and angry everytime.

One day Natasha's father he goes to work. He stays at work for five hours then he come back home. He came slowly as a tortoise. He came and stay behind the house, when he was there she heard her wife saying "do all those work I have given you if you will not do I will slaughter you." Natasha's mother she didn't not that his husband has come. When Natasha's father heard's that he go quickly to the police station. He took two police. When Natasha's mother saw the police are coming she was dissapointed. The police asked her "Why are you giving Natasha heavy work and she is a small girl?" Now we will take you to the police station then we will decide if you will be here for how many years or forever and ever. I have learned that we should not abuse childrens who are under age of eighteen years.



**BY: FAITH**

**9YRS, STD 3, BANGLADESH PARISH**





## **REFLECTIONS FROM NARUS PARISH**

## **OUR SITUATION IN NARUS AT THIS TIME OF COVID 19**

**REFLECTION BY: FR. EMMANUEL OBI  
PARISH OF NARUS, DIOCESE OF TORIT.**



“Our schools serve as educational as well as feeding centers for majority of children who are from poor background who would not have access to proper and regular meals at home. The closure of these schools at this time of Covid 19 means that a lot of these children are starving at home.”- Fr. Emmanuel Obi

The Covid 19 Pandemic has challenged the way we live our lives and relate with one another in our world today. Since late March 2019, we have been on lock down and have cut down all the pastoral and educational activities that we have in our parish. This was done to prevent large gatherings and to implement the restrictions of social distancing that had been put in place to curb the spread of the corona virus.

While these restrictions are welcomed as strategies to curb the spread of the virus, the outbreak of the Covid 19 Pandemic have robbed us of a vital aspect of our being as human beings who are relational beings. We are made to be in contact with one another and share in the lives of other people. This is the challenge we face here as ministers of the Gospel. As priests, we were ordained for the Christian Community, to reach out, to work in and with the Christian Community. Our greatest challenge in these tough times is that we cannot be with our Christian communities as we

have always done in the celebration of the Eucharist, reaching out to the sick through the Sacraments of Reconciliation and Anointing of the Sick and sharing the life of the community through our gatherings in prayer in the Small Christian Communities' meetings.

Narus Parish is an education hub because of the presence of six parish schools within Narus and Nadapal. We have a great outreach to children and young people through education. Our schools serve as educational as well as feeding centers for majority of children who are from poor background who would not have access to proper and regular meals at home. The closure of these schools at this time of Covid 19 means that a lot of these children are starving at home.

As a parish we have been able to reached out once (in April) to over 400 children within Narus with food items like beans, maize, sorghum and sugar to support their feeding at home. We were able to do that through the help we received from St Patrick's Society in Nairobi. The help was a once off support and that means so long as the schools are closed poor children within the communities here will continue to go hungry. This situation will also lead to some other challenges such as teenage pregnancy, early and forced marriages as we have already heard news about some poor families giving out their young girls for marriage in order to secure some wealth at this time for their families. Some children are helping their poor mothers in the brewing and selling of locally made alcohol. Their engagement in such activities is also exposing them to the preying eyes of the local men who patronize such places and eventually such children will be prone to abuses.

Our schools have been and continue to serve as safe haven for young girls and boys exposed to early and forced marriages and livestock herding. Majority of the children who found the schools as safe haven are currently at home and chances are that not all will return back to school when the schools eventually re-open after the pandemic. We currently have 23 young girls kept in St Bakhita Primary School who are not able to return back to their communities because of issues of early and forced marriages. They are kept in safety by the school administration and our lay volunteer who works in our child safeguarding programme here. The lay volunteer helps in keeping the girls busy with different activities during the week.



We acknowledge that these are not ordinary times and we need to do all we can to keep safe and alive until the pandemic is over, yet we feel somehow obliged to stay connected to our Christian Community and all the children and young people that we serve through our educational ministry in Narus. We hope in God that this will be over soon.

## **REFLECTIONS FROM RIWOTO PARISH**

**WHAT IS IT LIKE NOW AS A PRIEST IN A PARISH WITHOUT A  
CONGREGATION?**

**REFLECTION BY: FR. TIM GALVIN,  
PARISH OF RIWOTO, DIOCESE OF TORIT.**

There is a sense of loss in this situation now. Reflecting on it what I miss most is not going to the small Christian communities. It was there that I met the people in their homes, in their situations with their neighbours, listening to them sharing the Gospel of the following Sunday. I still remember a blind woman reflecting on the healing of a blind man in one of the Lenten Sunday's gospel and what she had to share was very powerful. I remember her saying we are all blind when we don't care about each other. In the small Christian communities also the issues which affected the community there arose.

The churches were closed just as we were about to celebrate Easter. We had been preparing with the catechists to go to the villages and baptise those who were ready for baptism and the reception of Holy Communion. That was a disappointment for me and also for the people who were being prepared and the catechists themselves. We would have been meeting twice a month with the catechists preparing the readings for the following Sunday, going over what to teach the catechumenate and also going over with the catechists how to lead the Sunday Service. It was an opportunity for us to get a picture of what was happening in the parish. The catechists are our contact with the people.

I feel for the school children now. I would say they are lost. Many of the bigger boys have gone to Kapoeta (a biggest town about 20km from Riwoto), seemingly just to loiter there. The fear with the girls is that there would be arranged marriages. Sometimes we meet with the school children and they would ask us when is the school reopening. For a while we encouraged the children to come and read in the library. Some of them took advantage of that. However, when it was known that there were people in Kapoeta with the corona virus, we decided to stop that service. Children often go to Kapoeta so there was a worry that they may bring the virus into the Church compound. The other issue would be the scarcity of food. When the children are in school, they would get a



breakfast of porridge, a lunch of cereal and pulses and if they are boarders a supper of cereal and pulses. For some children that was their daily food.

My niece teaches PE in a secondary school in Ireland. Schools are closed there also. However, she has been able to continue teaching her students via the internet and at the end of May which is the end of the academic year in Ireland, she organized a virtual sports day for the students. Don't ask me how that worked. Even in this continent there are people with access to good internet, iPads and smart phones and learning is continuing for those children. However, children in places where there is no access to internet or who may have to fetch water, gather firewood, take care of smaller children, take care of animals are at a complete disadvantage compared to their peers in other parts of the world. It is unfair.

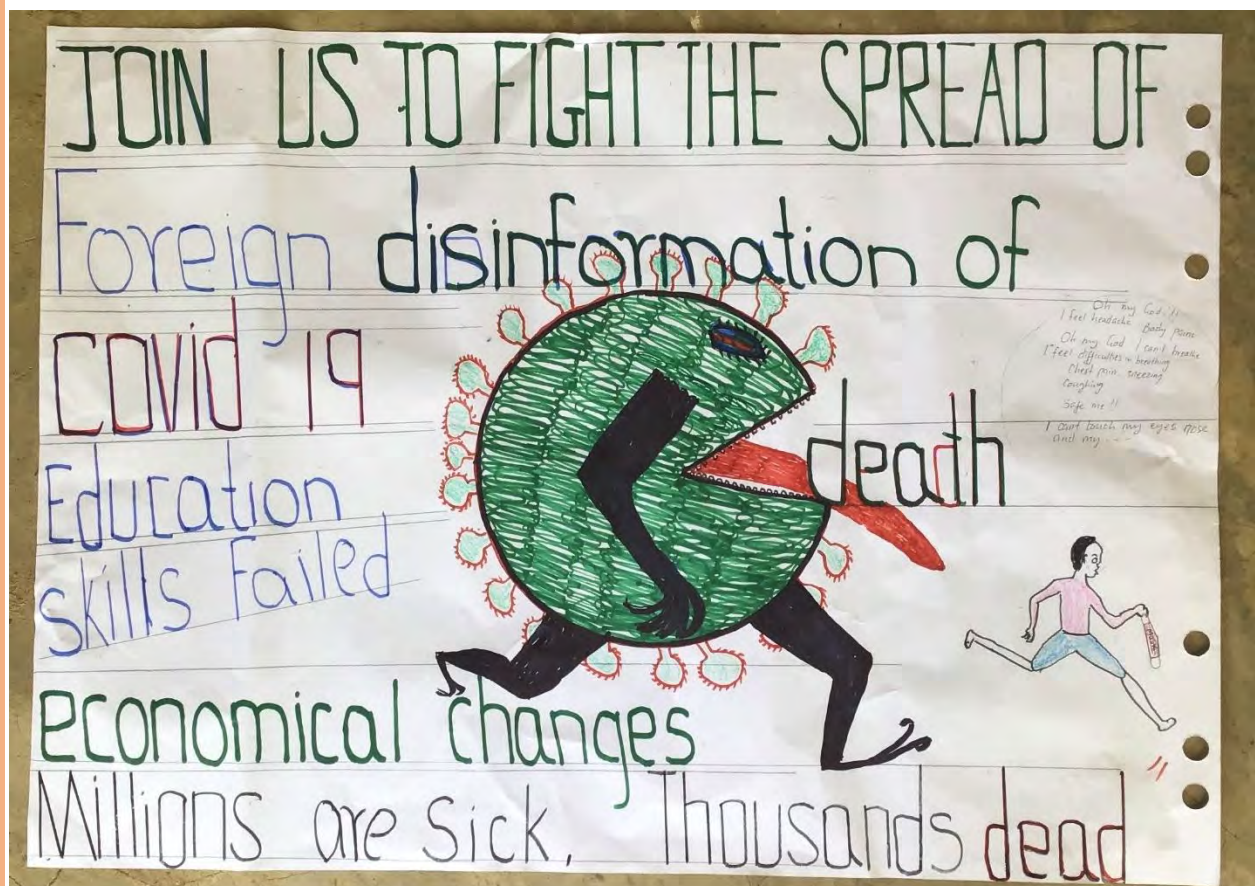
My final thought would be that I miss the children around the compound. They bring life to the place.



“The other issue would be the scarcity of food. When the children are in school, they would get a breakfast of porridge, a lunch of cereal and pulses and if they are boarders a supper of cereal and pulses. For some children that was their daily food. ...I miss the children around the compound. They bring life to the place.” – Fr. Tim Galvin.<sup>16</sup>

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<sup>16</sup> (Stock photo by Belle Maluf, unsplash.com)



Poster submitted by teacher Praxidas

### **REFLECTION BY: JOYCE, PRIMARY CLASS 7, RIWOTO PARISH**

Covid 19 is a bad disease. It started from the big cities and it came to Kapoeta. You cannot greet your friend, father, mother, sister or brother. It causes people not to be together, not to eat together. Covid 19 affects people's lives. Now people wear masks and people wash their hands regularly with soap and water. It makes people not to touch their eyes, mouth and nose.

It affects us learners, we are not in school which is bad. We are now at home without any learning and it is difficult for us to learn at home. Because at home we have a lot of work to do. I do not know what to do with this covid 19 since it makes people not to be together not to work together. People are not now going to Kenya and Uganda to bring some food, clothes and other items that are needed here. We are not moving from country to country, everyone has to remain in their own country.

### **REFLECTION BY: SAMUEL, PRIMARY 8, RIWOTO PARISH**

Covid 19 is a dangerous disease, it has affected many people in the world. This disease started in China. Many people lost their lives there. It has now spread throughout the whole world and has now come to South Sudan and neighbouring countries. This disease has badly affected learners who have lost their studies until the schools reopen again. There is now no shaking of hands, no grouping. It can be prevented by washing our hands regularly and covering our mouths and nose with cloth. The symptoms are as follows, fever, dry cough, high temperature, sneezing, difficulty in breathing. The most important thing now is to trust in God.

### **REFLECTION BY: RACHEL, STD. 6, RIWOTO PARISH**

Covid 19 affects many people in Africa. People are to cover their mouth and nose. People are to stop moving up and down so that covid 19 is not spread. Covid 19 is the reason why there is no school now. It is a very bad disease, People are dying. People are now using tippy taps to wash their hands with soap and water. In Kapoeta people are not going to Church, People in Juba are dying because of Covid 19



#### **REFLECTION BY: ESTHER NATALIA, FORM 4, RIWOTO PARISH**

Covid 19 is a disease which started in 2019 and it has brought a lot of affects. Due to Covid 19, most places of work, schools, churches have been closed. One of the effects of Covid 19 is loss of life, that is why schools were closed in order to stop the spread of the disease.

Since the schools were closed, most of the learners have not been taking their studies very seriously, due to lack of time and exposure to heavy work throughout the day. Most of the learners also have to spend their time in doing and carrying out some small activities to survive. Covid 19 has caused most of the learners to lose their hope in studies because some of them have lost their supporters. For those learners who are poor or orphans they are working hard to get some things like lamps for reading. Learners who are in form four or standard 8 who wish to go to the next level, are paying no attention to studies any more. Some of the learners, especially the girls, are thinking of getting married before they die. The learners are praying to God and asking the Government and all the supporting groups to do something on Covid 19 in order for learners to return to school soon.

#### **REFLECTION BY: JOSEPHINE, STD. 6, RIWOTO PARISH**

Corona is a bad disease, It can kill people, Many people have died because of Corona. We must be careful. We must wash our hands all the time. We must have tippy taps in our homes. We must be clean all the time. We need to be far from people who are coughing and sneezing. We must not sit in groups because of the disease. It can move from person to person. All the countries roads have been closed because of corona. There is no prevention. In all countries many people are suffering from Corona. We must be careful Covid 19 has made us run from our schools. We fear because it will kill us. On radio we hear that Covid 19 has killed many people in the world. That is why we ran from our schools.

**POEM AND REFLECTION BY: DORCAS,  
STD. 7, RIWOTO PARISH**

Poem

My sisters, my brothers,  
Stop staying together,  
Stop shaking hands,  
Stop spitting in public,  
Because of Covid 19, It is a bad disease,  
Killing people like hens.  
OH, OH, OH my God!  
What can I do to save my country South Sudan?  
What can I do to avoid getting this disease?  
What can I tell my people to stop gathering together?  
What I can tell is advice.  
My people, please please,  
I am pleading you to stop shaking hands,  
Covid 19 is a killer,  
It can kill without notice from anybody,  
All people will fear you because of Covid 19.

Covid 19 can make people to become enemies, If it is your sister or brother you will not greet him or her just because of Covid 19. You are supposed to wash your hands regularly or after you have touched anything. You have to put a tippy tap in your home because anyone who enters into your home must wash their hands before they come to where you are.

Covid, Covid, Covid 19,  
Who told you to come here?  
Who sent you to us?  
Or did you come by yourself?  
What have we done to you?  
Why are you doing this to us?

### **REFLECTION BY: JOHNSON, STD. 8, SMM RIWOTO PARISH**

The effects of Covid 19 has made people to lose their jobs, St 8 candidates will miss doing PLE (primary leaving examination) this year. The disease is very dangerous, you cannot prevent it unless you stay at home. This disease makes people to be afraid because it spreads so easily. The people from the urban areas when they move to the villages bring the disease with them. People can no longer gather together and it can make people selfish. People stay at home alone. There is no football or volleyball or other sports being played. People no longer greet each other. The signs and symptoms of the disease are difficulty in breathing, fever, sneezing, coughing.

### **REFLECTION BY: JACKLINE, STD. 8, RIWOTO PARISH**

Covid 19 is a disease that affects people. It affects the lungs of a person. It has brought confusion to the world. Everyone is now suffering because of Covid 19. What a very deadly disease! Many children are now suffering especially orphans. Covid 19 has really slowed down the country because it is really affecting the ministries and the life of the country.

In order to be safe from Covid 19 we must be clean at all times. Wash your hands with water and soap using a tippy tap, cover your nose and mouth with a clean handkerchief. Don't spit in public, when sneezing sneeze into your flexed elbow, don't touch surfaces, don't greet with a naked hand. When greeting, just wave your hand and say hi. Don't touch your eyes, nose, mouth and face, don't go to the places where many people are.

I don't know what brought you, Corona Virus, to this world of ours, why don't you go to your place alone? Why did you come to disturb us in our place? Why did you come by yourself? Why come with the air?

Covid 19 has affected learners in many ways such as dropping from school. Everyone is now relaxing in their homes just because of Covid19. In order to be safe from Covid 19 we must use body protections.



### **REFLECTION BY: ELIZABETH, STD.7, RIWOTO PARISH**

Covid 19 is a disease which has affected all the nations in the world. Many countries in the world are suffering because of Covid 19. It can spread in an easy way. By coughing, sneezing, shaking hands with an infected person with Corona.

How should we, pupils, manage to protect ourselves from Covid 19? It is the work of the Government to stop the means of transport from one place to another. Maybe in a car/plane, one person is infected with corona. Once he/she sneezes or coughs, he/she will spread the disease in that same car/plane. There should be no movement of people in one car. People should wear face masks to cover their mouths and nose.

When this disease started it was unknown because it was new to the people. It started in China and killed a number of people there. It then spread to Africa. So for us, as Africans, we should stop the spread of the disease. We should wash our hands at all times, we should use tippy taps, we should not touch our mouths, nose or eyes because of infection of Covid 19. We should not allow one thing to frighten us, we, as Africans, should stand firm in our nation to stop the spread of covid 19. We should pray to God to help us and heal our world.

### **REFLECTION BY: MARY, STD. 8, RIWOTO PARISH**

Covid 19 is a dangerous disease and has killed many people. We are so scared to hear of this dangerous disease. We are so sad to miss our people who have died because of corona virus. Today many of our people are sick with corona virus and they are suffering now. Some are leaving their children lonely. Their children are now suffering because of Corona Virus.

If you have the following symptoms cough, fever, headache, sneezing, body pain/body ache, difficulty in breathing please report to the nearby facility or call 6666 and you will be helped. Don't spread to other people. Stay away from the family of other people. If you get a crowd of people don't go and join them. Maybe some have corona virus. Don't make stories with a large number of people. Stay safe!

As we are thinking about this disease, let us pray to God to help us of this disease. It has affected the learners because many people have forgotten to read and write especially the young children.

Maybe some of us are remembering something small in our minds. Even we have missed the exams. It has affected us badly. Some of us have forgotten about school. No one is remembering school or revising. All students are thinking about Covid 19, how dangerous it is.

**REFLECTION BY: NANCY, STD. 7, RIWOTO PARISH**

A person who has Covid 19 has the following symptoms fever, headache, cough, sneezing, body pain. If you have the following, we say you have Covid 19. From there your body will become weak, you will not be able to walk. That is what I have learnt from Covid 19. Avoid being close to infected person. Be at home all the time every day.

**REFLECTION BY: MAXSON, FORM 2 PUPIL, RIWOTO PARISH**

Actually, Corona Virus is a disease caused by a virus which began in China in December 2019. Covid 19 has had many affects worldwide especially for learners. Why I am saying so is that schools have been closed from March up to now and we don't know when they will reopen. Corona virus has left the learners to move anyhow without knowing what to do at certain times. It has also made learners not to read their books as usual.

It has made me individually bothered since the closing of the schools and even the holidays is now too much. I don't know when this Covid 19 end so that I can return to school. Due to Covid 19, I don't think all the learners will go back safely to their various schools. It is not good totally. School can sometimes keep learners safe from harmful activities of which I cannot mention them here. Not forgetting Churches where people normally go and pray. Now the Churches have been closed. People are not going to the Church and it is all because of Covid 19.

**REFLECTION BY: FR. GIDEON GOMA, ASSISTANT PARISH PRIEST AND A  
COMMITTEE MEMBER IN SMM PARISH RIWOTO**

The advent of the Corona Global pandemic brought a lot of things to a standstill. There is fear, anxiety and uncertainty everywhere. This is because the pandemic affects every aspect of humanity. The question on the lips of our students always is “Fr. When will this be over so that we can return to school? We are tired of staying at home, there is hunger and insecurity.” This clearly shows that the children are more safe and secure in the school than in their respective villages.

This is a situation beyond human understanding. But there is nothing anyone can do at the moment to help the situation at hand. We place our trust and hope in God watching and waiting for better days. It is our sincere hope and prayer that God will protect the school children wherever they are and that normality will return soon.

**REFLECTION BY: SR. IMMACULATE, SECRETARY OF CHILD PROTECTION  
PROGRAMME, SMM PARISH, RIWOTO**

The deadliness of the corona virus can be gauged by the following questions: “How many people are dying?” and the other question is “What is the risk of dying if one contracts the disease?” The experts have not been able to answer these questions. With the infection rate rising and also the death rate rising, the Covid 19 disease has gone worldwide. The biggest challenge is that the virus is still present in the /world and nobody can predict how many people will die or will be infected in time.

Covid 19 has changed everything causing fear and distortions among young and old. Institutions of learning have been closed down; domestic family violence has increased. It has affected education which is the hope for children for a better future.

Measures have been put in place to lessen the deadly effect of the virus. We should all adhere to these measures outlined by the World Health Organization by observing the following, washing our hands regularly with soap and water (there is a method of washing our hands safely with the tippy tap), maintain social distancing and wear a mask.



**REFLECTION BY: PAULINE ADUNG,  
COMMITTEE MEMBER SMM RIWOTO PARISH**

Corona virus is a new disease which has affected the world at large. It is a new disease because the word Corona is not even in our mother tongue. The disease kills rich, poor, weak and strong all alike. Actually, the disease has made the whole world to be in confusion and all things are at a standstill.

The country is affected economically, socially, spiritually and developmentally. In the education sector, since the closing of the schools, children are roaming everywhere, in towns, and villages in search of their survival. This puts them at risk of being exploited and abused by adults for school is a safe place for them.

Young girls are at risk of getting early pregnancy, early marriage because they can be deceived by their boyfriends or even adult men who may be already married. Parents may also feel their daughters will die early, hence forcing them to early marriage because they would want to get a dowry for their daughter.

Children are not happy since Covid 19 has emerged. It has separated them from their way of being, like playing games and sports, hand shaking, sharing meals together, which is the joy of the African child. The Pandemic disease emerged in 2019 and the condition is worsening, the disease is spreading and every day more and more people are infected. We fear now whether all the children will return to school when the time comes for schools to reopen. Despite all the measures that are being taken, only God can save. God may you bring Corona Virus to an end.

**POEM COMPOSED BY: SR MARY, COMMITTEE MEMBER OF SMM  
SAFEGUARDING COMMITTEE, RIWOTO**

African Child

I am an African Child,  
Born with right to life,  
With dark beautiful skin colour,  
And I am happy to be an African Child.

I am an African Child  
With right to education,  
But our enemy Corona Virus Covid 19,  
Has made me miss my chance,  
OH God! Why? Why? Why all this?

I am an African Child,  
With talents enough to be the best,  
As a doctor, nurse, teacher and leader,  
But Corona Virus Covid 19  
Has taken away my opportunity.

I am an African Child,  
But Corona Virus Covid 19,  
You came to make me suffer,  
Tortured for forced marriage, rape, beating  
And child labour is the story of the Day.

Oh God, I eat food once in a day,  
But I am forced to work with an empty stomach.

I am an African Child,  
I miss my beautiful life in the school and in the class,  
In the morning breakfast in school will never miss,  
And lunch on time every day.

I am an African Child,

With healthy and strong body,  
But our enemy, Corona Virus, Covid 19,  
Has brought fever, dry cough, tiredness,  
And difficulty in breathing and no Medicine, No treatment.

I am a stranger to my own body,  
No touching eyes, nose, ears and mouth,  
Because of you Corona Virus, Covid 19  
To my brothers and sisters social distance,  
To my parents the same story.

Oh what a life?  
Why? Why? Why all these differences.

I am an African Child,  
But you Corona Virus, Covid 19  
You have made me become a frog  
Every twenty minutes drinking water,  
And washing hands with soap and water.  
What a disease dangerous as you are!!!

Corona Virus Covid 19  
You have made me become a surgeon, a doctor before time,  
With mask all the time  
And Gloves for fear of YOU

I am an African child,  
In every home today, the watchman employed at gate is tippy tap,  
The story is wash your hands,  
Where can I go or run?  
In the school the same story Wash Wash Wash your hands.

I am an African child,  
But Corona Virus, Covid 19,  
You have come to destroy the world,



Business people are like lions hunting for money,  
An empty jerrican is very important for me to make tippy tap,  
In order to fight for my life,  
Oh the same with soap but very expensive now.  
Corona Virus, Covid 19  
No respect for young or old, Surgeons or Doctors.  
Educated or non-Educated, Nurses or Teachers.  
Leaders or Subjects  
All of them Die  
Why! Why! Why! Oh God

## **REFLECTIONS FROM KANAMKAMER PARISH**

## CORONA VIRUS.

Corona is a fungal disease (virus). The signs and symptoms are unstoppable coughing, severe headache and high temperatures of the body of about  $37.4^{\circ}\text{C}$  and above. One can get affected through touching areas that are affected or can be spread through air and it shows itself after fourteen days.

The first case of Corona virus was first reported in China, whereby it killed many people, people left their properties and others left their children and up being orphans.

It is believed that this virus existed before, but it never shown itself.

As in Italy where our Pope stays, this deadly disease has killed many Christians.

Here in Kenya, the first case of Corona was reported on 3<sup>rd</sup> March 2020.

It was reported that one of the affected individual had spread this virus all over the country.

The Corona virus in our country Kenya has caused many losses. The economy of the country has gone down because of this pandemic. People have lost their jobs, pupils and students are no longer going to school, more so the candidate class are affected more for this was their year. People are not travelling from one country to another because of this virus.



Across the world people are in despair  
This virus has made Christians not to attend  
fellowships and masses. As we Catholics, we  
never attend the most important celebration (mass)  
that was Paska because of this virus

The officer in charge of health honourable  
Mubai Kagwe is urging his fellow Kenyans  
to follow what the ministry of health is up to.  
so that they can help reduce this pandemic disease.  
He is also urging people to wear masks through  
out, in places of work even at home, people to avoid  
overcrowded places and also to maintain high  
standard of hygiene.

Recently, his Excellency Rair Uhuru had a speech,  
For he love his people, he added some days for the  
curfew and reduce time so that atleast people will  
do their jobs to improve their standard. He added  
days for reopening of schools and churches because  
the number of people affected is increasing day  
by day.

Fellow Kenyans let us put our hands together to  
fight this deadly disease and trust in God for  
With God everything is possible.

By  
LAURENCIA LORIU

Laurencia

HOLT FAMILY KANAMKEMER LODWAR.

12<sup>TH</sup> JUNE 2020.



### Effects of Covid-19 globally

The 2019 novel covid-19 is a virus diseases that is caused by having ~~a~~ contact with an infected person by contacting body fluids. Up to date the <sup>whole</sup> world tries to battle as so many countries are affected especially in Africa. Even before the outbreak of the pandemic, the outlook for the world economy and especially developing countries like Kenya was fragile, as global covid-19 growth was estimated to be only 2.5 percent in 2020.

Children have not been able to continue with their studies simply because the outbreak of the diseases is becoming more deadly and deadly. The most affected countries in majority are from Africa and these makes our African children in high risks of getting the diseases.

@Christians are stuck at home since march up to date. Our churches are closed down due to this deadly novel. Our priests and all the clergy are also affected. All the people globally are looking forward to this deadly pandemic to end so as to resume with their normal day to day activities.

We have now 1.39 million covid-19 cases and 79,382 deaths globally. Some of the countries are trying in every means that they can use to make this pandemic end. We are really looking forward to resume our normal activities without threats about covid-19. In the same way we pray that God may help us pursue this life challenge and make corona virus end forever.



## NEVER BEFORE - David Lowal 11/6/2020

As a baby I was born  
Born to the world of many challenges  
Experienced as I live on  
The world of many wonders  
That are beyond imagination

When I was growing up  
I found myself  
Going to school  
Going to church  
Playing and having fun with friends

With time after schooling  
I found myself a teacher  
A profession I cherished when in class two  
Though with many challenges  
God's Grace is navigating me on

- ① All along the world I live in
- ② Has been scaring with
- ④ Superiority and conflicts among leaders
- ③ Wars and corruption around it
- ⑤ More so the existence of the devil on earth

Never before has the world been shuttered  
Like it receiving a black out  
In the name of Covid 19  
Making the world paralysed and lifeless  
Crippling all organs of life



No more church workshops  
No more games and sports  
No more learning in institutions  
No more businesses as usual  
No more and more ...

From : DAVID LOWAL - CHAIRPERSON #  
'CHILD SAFE GUARDING COMMITTEE.'

HOLY FAMILY KANAMKEMER PARISH.

HOLY FAMILY PARISH - KANAMIKEMER  
DIOCESE OF LODWAR

CHILDREN SHORT STORY

Children of Holy family Kanamiker are at the jail of corona pandemic

Home is the permanent cell until corona is over

No play at the fields because of corona.

No social groupings because of social distancing of One and half metres away from each other.

Parents are experiencing Increase of budgetary allocation at homes as zero grazing methods is maintained by Parents over their children nobody is away or absent from home due to corona restriction.

Schools are no go zones and also churches for children nor parents due to the fear of infection of corona virus.

The TV and phones are the only companions of our children at home. download videoclips through You Tube Channels, Nigerian's movies, Maria Movies.

Face Masks, Liquid soaps, water bills are becoming expensive as they are only tools for fight against Corona virus in the most recent times in the all over the world to defeat Corona infection.



in every twenty seconds.

The <sup>children are</sup> regular customers of the police stations visiting cells after a long stay at home when stretching the legs and hands and imprisonment of home restriction. The youth are caught with time coming back home by curfew and throw them to police cells by being away from home struggling back home before curfew.

From Mr Joseph Muya Elanoit  
Secretary, Holy Family Parish - Kanamkemer  
Child Safeguarding Committee