

# *Human Supporters Association*

*Newsletter*

*January + february " 2017"*

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# Winter Camp

The 2017 winter camp at HSA

45 children aged 8-12 years joined the camp which included three different activities: handcraft, dancing Dabkeh and dancing Hip – Hop. The results were amazing .

We finished the camp with a little party in which the children presented Dabkeh and Hip-Hop dances. They learned new skills and were very happy. Thanks to everyone who participated in the camp!



# Circus Activity

***International and local volunteers started a circus activity for children aged 7-13 for both boys and girls. The children get to know different activities such as juggling, clowning and acrobatics. The activity takes place every Thursday for one hour and a half, 45 children are participating. Circus is a good way for children to have some fun and to get rid of their energy***



# School Support 2017

We started the school support project for the second semester of the school year for elementary school students (2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> grades).

We support them in three different subjects (Arabic, English and Mathematics). For every subject we have a specialized teacher.

The project involves about 80 students from different schools.

Before starting the school support project, the HSA-volunteers visited a lot of schools in Nablus to register the students which had difficulties in school and informed the headmasters about the project. The program takes place three times a week after official school hours. To see the level of the children we give them an assessment exam before starting the project, which helps us to discover their weak points and to improve them. We use different methods to achieve that.





# Workshops

HSA and the “Children Protection Network” and the “Women’s Studies Center” organized a workshops for the children of the winter camp about how children can protect themselves. The program aimed at improving the life skills of children and youths to protect them from sexual exploitation, to improve their skills to interact with society and to give them scientific information about their bodies and how to protect it. One aim also was to strengthen the relationship between school and home to provide a safe environment for children and teenagers.





# Receiving Trainees from An-Najah National University

HSA receives students from An-Najah National University to give them vocational training. During the training period the trainees get to know the work and the activities of the association and they get the chance to participate in different projects. This helps them to improve their personalities and to get different practical experience. At the end of the training phase the trainees will be ready for work life.





# DELEGATIONS

*When international groups and delegations visit HSA, we organize a lot of activities for them. One of the first activities we usually do is to take them on a tour to the old city of Nablus in order to give some background information about the political situation .*

*Furthermore they get the chance to see shows of traditional dance (Dabkeh) and Hip - Hop presented by HSA children and to get some information about the association's history and activities. We also bring them together with our local volunteers to exchange their experiences.*

*It's always an unforgettable experience for everybody!*

## ***Caregiving for Children through Conflict and Displacement***

### ***Testing the feasibility and effectiveness of a parenting seminar and booklet in Palestine***

The aim of the project is to improve the mothers' skills in taking care of their children, especially when they are facing negative behavior from the children. The target group of the research are 120 women, which will be divided into two groups of 60 women each. One of the groups will attend three workshops over the period of three months, the other won't. In order to check whether the workshop helped to improve the women's skills, both groups will answer three questionnaires during this time period, one at the beginning, one in the middle and one at the end.

