



Star for Life
— empowering young people



Phumlani Primary School

Schools programme

A partner report compiled for
SfL Norway on Star for Life activities

Name of Principal: **Mr Mlambo**

Name of Area Manager: **Mrs Ngubane**

Name of the Coach: **Philani Thabethe**

Total Enrolment: **152**

Reporting period: **Januray-December 2025**



Introduction

Phumlani Primary School is in Phumlani Township, a community largely established due to economic migration. As a result, the area faces significant socio-economic challenges, including high levels of poverty, that contribute to social issues affecting learners' well-being and academic performance. The Star for Life Programme aims to address these challenges through structured psychosocial and life-skills interventions, providing learners with the support needed to improve their well-being and enhance their ability to succeed academically. The school has eight teachers and two non-teaching staff.

Learner-Centred Activities

Classroom sessions

A total of 28 classroom sessions were facilitated across all grades. In 2025, Star for Life introduced a new Primary School Manual, introducing more structured activities in addition to the Jabulani sessions. Grade 1 started their classroom sessions with the topic

'Managing emotions', in which learners learnt about different types of emotions and the importance of every emotion they go through. Even though the setting of this session was new to them, they enjoyed it and actively participated.

Grade R started their first ever classroom session on 'My emotions' which was also a new experience to both learners and the Coach. Grade 2 discussed a topic on 'Consent: yes and no', this aimed help the learners understand the power of giving and respecting consent. One of the Grade 3 topics was on 'Dreams', where learners were encouraged to start dreaming about their future. Grade 4 were engaged in 'Respecting Differences', which enabled learners to understand the meaning of privileges and disadvantages. Grade 5 had an interesting topic on 'Growing Responsibilities' which was about helping learners understand that growing up means taking more responsibility for yourself and others. Grade 6 had a discussion on 'Violence part 1' which was about discouraging violent acts

while Grade 7's discussion was on 'Dreams'. They were educated on the importance of having dreams for the future and the steps to take to reach their dreams.

Jabulani Sessions

The Star Jabulani is a character that is played by the coach wearing a mascot outfit. This energetic character visits the foundation phase learners from Grade R- 2 during what is known as story time. The session begins with

the Jabulani song and dance after which Star Jabulani narrates an educational story based the theme of the day. Each grade in the foundation phase has its own stories and topics. This is to educate learners through entertainment. When the story is finished, Star Jabulani asks questions related to the story to check the learners understanding and to give them a chance to participate. Jabulani is the favourite activity for the young ones as it is fun and yet very informative.

The table below reflects themes for Jabulani Sessions

Period	Grade	Topic	Learners Reached	Objectives of the Star Jabulani Session
June 2025	R	My Body	15	Learning about body parts and to understand that everybody has needs and be able to name a few examples of bodily needs.
June 2025	1	Managing Emotions Part 2	21	To know what coping skills are and be able to name and demonstrate a few examples of coping skills.
June 2025	2	Substance Abuse in the home Part 1	19	To understand the importance of asking for help when they are experiencing something difficult, such as abuse or neglect at home.
September 2025	R	Safe and Unsafe People	14	Learners to be self-aware by paying attention to their feelings and identifying when they feel uncomfortable or unsafe.
September 2025	1	Being a Good Friend	21	Learners are able to identify the qualities of a good friend, including kindness, sharing, helping, listening, and including others.
September 2025	2	Substance Abuse in the Home Part 2	19	To identify emotions, what causes those emotions and potential responses
October 2025	R	Road Safety	15	Learning to understand basic road safety rules, understanding dangers near roads and know safe behaviours near roads.
October 2025	1	Safe and Unsafe Places	18	Learning to understand, recognise, demonstrate and be able to name examples of unsafe places.



Individual Consultations

Individual consultation is an important activity conducted by The Coach as it provides an opportunity for psychosocial support for learners. 28 learners were attended to through and the most common cases were fighting, destructive behaviours and bullying. Many learners were referred by teachers, while others approached the coach themselves.

The Coach would like to highlight a scenario he attended to

An 11-year-old boy in Grade 4 got into trouble at school due to repeated misconduct. He was frequently involved in fights with other learners and was on the verge of being suspended when his teacher referred him

to the Star for Life coach for support. Through an assessment and engagement with the boy's mother, the coach discovered that the learner was experiencing bereavement after recently losing his father. He had not received any form of emotional support following the loss. Often, families do not realise that children can experience complex emotions during grief and are sometimes unintentionally left without support. Recognising this, the coach referred the learner to the Wellness Unit for debriefing and counselling sessions. Over time, the boy gradually changed his behaviour and showed significant improvement. He was able to progress to the next grade with good academic results. The coach continues to support him in 2026.

Additional Activities

In addition to the core programme, there were other activities that the coach coordinated. Due to a high number of snakes noticed in the community, the coach organised an awareness campaign in collaboration with the Reptile Specialist from Cobra Reptiles Organisation to educate the community and children about the different kind of snakes and how to respond if you see one.

In collaboration with the Mobile Health Unit, the coach organised a Girls and Boys talk organised for grade 7 learners. The purpose of this session was to create a safe space for dialogue on early sexual experimentation and the importance of delaying sexual debut to prevent teenage pregnancy and fatherhood. In October SFL Norway donated school uniform to 148 learners. We would like to express a big, warm thank you for this generosity. It means so much and makes such a difference.

Achievement

Despite the challenges faced by the school and the community, the coach has observed a strong sense of resilience. The presence of the Star for Life Programme provides hope to both teachers and learners and serves as a source of motivation to strive for a brighter future.

Star for Life would like to sincerely thank SfL Norway, for the continued sponsorship. Without you, our work at school would not be possible.



Signed by the Coach: Philani Thabethe

I have been part of the Star for Life family since April 2018. I hold a Bachelor's degree in Performing Arts and a Certificate in Play Therapy. I am passionate about supporting primary school learners to develop confidence, emotional intelligence, and life skills. Working in primary schools brings immense fulfilment, knowing that early intervention plants a seed that can transform not only individual lives but entire communities.