



St Jude's News



Hands of impact: The Health Check team leaves their lasting legacy with handprints on the new Helping Hands wall.



Our Australian fundraising partner is registered as The School of St Jude Ltd, and is responsible for all funds raised in Australia.



Our American fundraising partner is registered as American Friends of The School of St Jude, Tanzania, Inc., and is responsible for all funds raised in the USA.



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Holistic education starts with good health and wellbeing

How St Jude's dedicated Health and Welfare Program drives its mission forward



Step by step: Scholarship applicants being registered at St Jude's.

Every year, hundreds of new students enrol at St Jude's on full scholarships at the primary, lower and upper-secondary levels across our three campuses. The scholarship application process is competitive and involves academic testing then goes on to consider the financial and social situation at home.

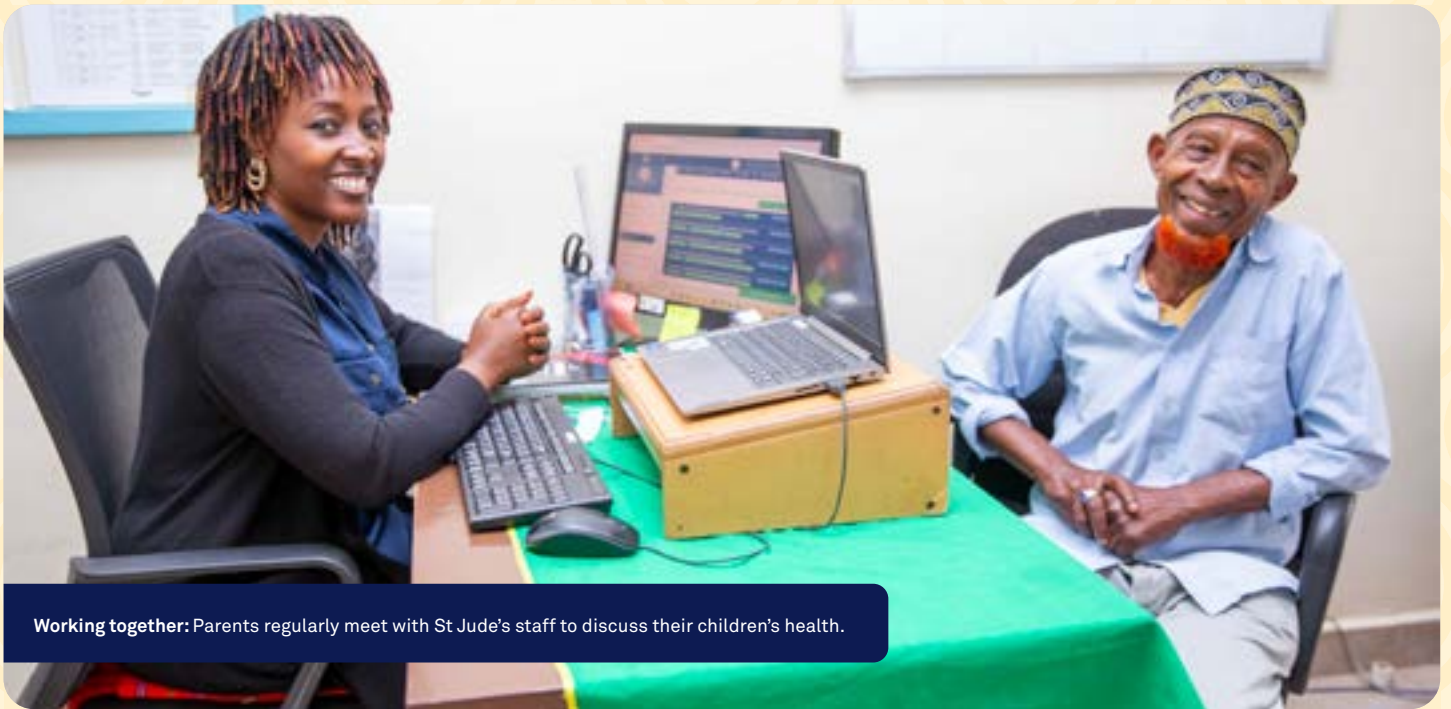
Our Community Relations team oversees this entire process, with the help of the whole St Jude's community. The team also handles student health and welfare, parent portfolio, and home visits.

"The students that attend St Jude's are from families who could not have otherwise afforded private school education," explains Philip, Community Relations Manager at St Jude's. "Providing free, quality education goes a long way in ensuring that children from such families have a future in which they thrive, effectively breaking the cycle of poverty."

While free, quality education is a proven path out of poverty for our students' families, other challenges could prevent students from achieving their goals.

According to St Jude's poverty assessment data, most, if not all, of our students' families do not have health insurance and never go for regular health check-ups. It is common for household members to visit a health centre or hospital only when they fall seriously ill or when home remedies fail. This lack of preventive care increases the risk of undiagnosed health complications that may go unnoticed for extended periods.

"That's why at St Jude's, we conduct annual health checks for all students, including newly enrolled and continuing students. A team of international and local medical professionals and volunteers spend two weeks at the school performing comprehensive health assessments.



Working together: Parents regularly meet with St Jude's staff to discuss their children's health.

These checks provide recommendations that help us better understand our students' health needs and tailor our support systems accordingly," says Philip.

One significant intervention made possible by the health checks involved a student, Fatuma, a recent graduate of St Jude's Girls' Secondary School. During her initial health check, the medical team detected a hearing problem that her family had been unaware of. The St Jude's Health and Welfare team collaborated with her family to address the issue, allowing Fatuma to continue her studies freely.

"Without the health checks, it's unlikely that we would have detected the problem and addressed it in time," reflects Fatuma's father, Abubakari, a single parent of three children. "Since my family does not have health insurance and never go for regular check-ups, these assessments were the only means for me to know what was wrong with my daughter and seek medical help."

Annually since 2010, St Jude's has been conducting health checks for its students. The program has evolved based on feedback from the school, the Health Check team, and knowledge of available health services in the region. With a shared understanding that healthy students learn more effectively, these health checks focus on identifying health and wellbeing issues that could impact students' ability to learn individually and collectively.

The Health Check team provides specific advice to parents regarding their children and general recommendations to the school based on observed health trends.

"As a school, we take proactive steps to support students who need special attention," says Gloria, Health and Welfare Officer at St Jude's. "These measures include dietary adjustments, regular sessions with the school counsellor, and other personalized interventions. My team works closely with parents to ensure students remain in peak health and that any health concerns are addressed promptly."

Beyond dedicated health and welfare programs, the school promotes positive student wellbeing through nutritious meals, physical education, extracurricular activities, a full-time school counsellor and structured rest periods. A St Jude's scholarship goes beyond tuition and academic support—it ensures the success of future Tanzanian leaders through a truly holistic approach that prioritises education and wellbeing.

Support future Tanzanian leaders with everything they need to succeed.
Donate today.





Returning to where the dreams began

Alumni return as part of the 2025 Health Check team



Full circle: Alumni Winniefreda and Nadia volunteered with the vision team during the 2025 health checks.

Every year, St Jude's conducts health checks for its 1,800 students across three campuses to identify any health concerns, monitor existing conditions, and tailor support for those with specific needs.

This year's Health Check team included some familiar faces, with three St Jude's alumni returning to give back to the very place where their journeys began.

For Nadia, Class of 2019 graduate, coming back was a full-circle moment. "It feels special to come back and contribute to the same process that helped me so much," she says. "I remember the medical professionals from my own health checks when I was a student, and thinking 'I'd love to do that one day!'"

Nadia joined St Jude's as a Standard 1 student in 2007 and is now in her fifth and final year of a Bachelor of Science in Nursing, which consists of a year doing a practical internship year at Mount Meru Hospital, not

far from St Jude's Sisia Campus. Despite her demanding schedule, Nadia sought special permission to take two weeks of leave from her program to participate in the health checks, knowing it was an opportunity she couldn't let pass by.

"My internship year is supposed to be uninterrupted, but I was fortunate the hospital team was very supportive and granted me the leave so I could be here," notes Nadia, who says her passion for pursuing a career in healthcare was forged during her time at St Jude's. "I've always dreamed of returning to give back, and it's everything I hoped it would be. I've seen students who were in Form 1 when I was in Form 6 who said, 'Oh Nadia, look at you now!' and I told them, 'Everything is possible. You just have to believe in it,' she says.

Returning alongside Nadia was Erneus, Class of 2020, who vividly recalls his first health check after joining St Jude's in 2018 as a Form 5 student. "I was so happy as I had



Lasting legacy: Winniefreda and Nadia gather with the 2025 Health Check team in front of the Helping Hands wall.

never had a check-up like that before. We were advised on how to improve our health, and it was crucial for me. It's very fulfilling to now be part of something that helped me in the past."

After graduating with a degree in Biotechnology and Public Health in 2024, Erneus felt there was no better way to kickstart his career than applying his skills at the very place that helped shape his future.

"It's my first time volunteering in the Health Check team, and I'm learning a lot. It is so rewarding to see the students' reactions and learn from an international cohort of experts," says Erneus.

"I have been working in the vision team, helping assess students' eyesight to identify any issues that could affect their learning ability. If not detected, these issues can grow and start to impact a student's education, which is why the health checks are so important," he says.

Like Erneus and Nadia, Winniefreda, from the Class of 2019, also volunteered in the vision team this year. She describes her return to St Jude's as a homecoming.

"I spent so much of my life here," she says. "Being back feels like coming home. St Jude's is where I learned and grew, and now I'm able to return the care that I once received."

In 2023, Winniefreda completed her Bachelor of Nursing and Midwifery. She now works at a hospital in Arusha and doubles as a private nurse, providing home care as part of the government's clinical nursing program.

"It's incredible to see how much the school has grown. What excites me is knowing that we're helping students who could very well be the next generation of health professionals. Some of the students we helped this year could be in our position in the future. That's the power of St Jude's. It always comes back around," she says.

Nadia, Winniefreda, and Erneus are prime examples of how a St Jude's education creates a ripple effect, coming full circle to give back to their communities and inspire future generations.

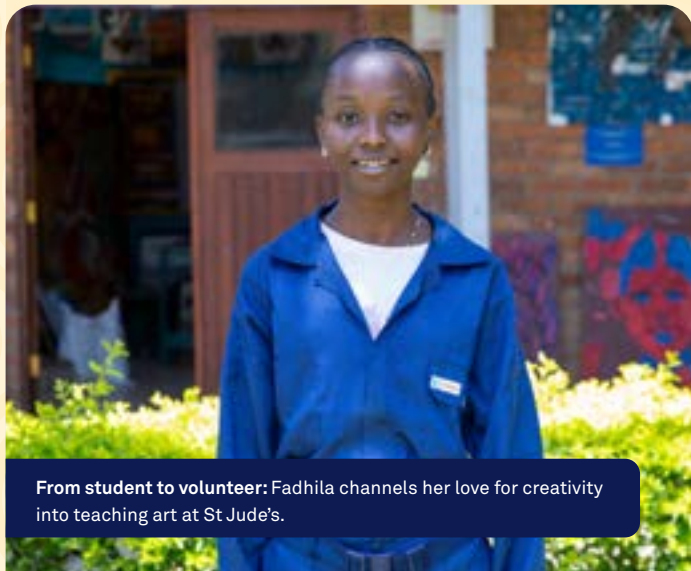


Know someone who would love to read about the success of our alumni?
Help us spread the word!



Q&A with former Form 4 student Fadhila

Discover why Fadhila chose art education for her Community Service Semester (CSS)



From student to volunteer: Fadhila channels her love for creativity into teaching art at St Jude's.

At St Jude's, Form 4 graduates have the opportunity participate in a Community Service Semester (CSS) as a way to give back for the education they've received.

For Fadhila, who completed her O Levels last year, choosing to serve as an art teacher in the Girls' Secondary School art room at St Jude's was an easy decision. With a flair for all things creative, she reflects on how the school nurtured her talent and helped her grow as an artist.

What did you like most about St Jude's?

I joined St Jude's in 2014 and graduated from Form 4 in 2024. I appreciate the support the students receive from teachers and how they help us grow our talents.

What got you interested in art?

I was drawn to art because it allows for creativity, and I find it really enjoyable to create. My art teacher, Mr Kephias, has been a huge source of support and inspiration for me. Plus, one of my siblings is also an artist!

How do you stay creative?

I stay creative by working on many different art projects and constantly coming up with new ideas.

How does St Jude's support your skills?

St Jude's supports my skills and talent by providing an excellent teacher, quality materials, and a lot of encouragement. Some of my proudest moments include finishing a difficult artwork that turns out beautiful and having my artwork sell out.

What are some of your future aspirations?

I would love to have my own art workshop where I can help support aspiring artists. I would also love to become a famous fashion designer and artist. I love all things creative!

Support a budding artist today! [Browse our students' artwork online](#) or visit us in person to see their incredible talent firsthand.



Fuelling student success

Highlighting St Jude's commitment to nutrition and health

Sharing smiles and nutritious meals—fuelling young minds for a brighter future at St Jude's and beyond!

At St Jude's, we know that good nutrition and health are the foundation for student success. Every day, 1,800 students and 300+ staff receive hot, nutritious meals that fuel their learning and overall wellbeing. But what does it take to keep everyone well-fed and healthy? **Let's take a closer look.**



Sharing smiles and nutritious meals: fuelling young minds for a brighter future at St Jude's and beyond!

1 million meals a year

Each week, St Jude's serves an incredible 32,000 hot meals—adding up to more than 1 million meals annually! Our dedicated kitchen team works tirelessly to prepare hearty, nutritious meals using staples such as beans, rice, maize flour, fruits and vegetables. To ensure every student receives a balanced diet, the school invests nearly AU\$11,000 weekly in high-quality food. Students requiring special diets are catered for too.

Fresh, local, and nutritious

Good nutrition goes beyond filling plates. St Jude's prioritises quality by sourcing more than 15,000kg of fresh fruits and vegetables monthly from trusted local suppliers. These nutrient-rich foods give students the vitamins and minerals they need to stay healthy, focused, and energised.

More than just meals: a holistic approach to student health

At St Jude's, student health is as important as academic excellence. That's why we take a comprehensive approach to wellbeing through:

- » **Annual health check-ups** every new student undergoes a full health check upon enrolment and has an annual check to ensure they are fit to make the most of their education. These check-ups help identify existing health conditions and allow the school to tailor support through medications, special dietary plans, or additional academic assistance for students whose health impacts their learning.
- » **Daily physical education** classes keep students active, improve coordination, and promote lifelong fitness habits. Through sports like football, volleyball, athletics, basketball, and dance, students develop teamwork, resilience, and confidence while staying healthy and engaged.

You can share a meal with our students and discover some new Tanzanian flavours. You are welcome to **Visit Us!**

