

EQUAL
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Newsletter

October - December 2023



A message from the CEO & Co-founder

Where has the year gone? The days, weeks and months have sped past us, and it's now 5 days before Christmas and exactly 12 days before we welcome in the New Year. However, before we farewell 2023, we would like to share with you all our last issue of our 2023 newsletter. I must say amongst many years in our journey this one has been the most challenging for various reasons but most important of all it has been a year that we have had to look inward to see how far we have come and what the lessons have taught us and how we should progress forward.

No doubt we end the year with many lessons learnt and feeling even more inspired to keep on going. This quarter we stepped in an area that for a long time EPF has been wanting to and this is the health side of our work. For many reasons we have stepped into this field however, one of why's has been the need to contribute to a future that creates an environment for a child in PNG to grow up healthy.

In 2015 World Bank released a report that revealed that despite rapid economic growth during the past decade, the stunting rate for children under 5, one of the primary indicators for child under-nutrition, is estimated at 46 percent in Papua New Guinea.

With such a statistic this amplifies why a healthy culture is needed for PNG as a country. We will be sharing about our inaugural Corporate Health Challenge; this is an event we are most proud of because as an organisation championing a workout culture we aim to see healthy Papua New Guineans speak the health message and also take action in every area of their lives to remain healthy. For EPF, we are blessed that even through our fundraising efforts we are pushing the health message.

We will also introduce to you all our first-ever Youth Health Champions who have been through a 3-day summit who will be carrying out campaigns in their communities on important health messaging for their youth audience.

Lastly, we will be sharing some significant milestones which took place this quarter including, the signing of a Child Protection Policy by the Hagara Primary School Board, closing activities for EPF4S in schools and also an important space we have stepped in which is our community engagement activities that our Changemakers have been leading.

We hope you continue to be inspired to do good for your communities out there, to stand up for what is right because this is what really makes the difference in our communities. We are looking forward to a great year next year because our challenges this year have taught us to remain proactive and faithful to the cause.

I wish you all Merry Christmas and a Happy New Year and see you all in the first quarter of 2024.

FROM THIS QUARTER

★ EPF Corporate Health Challenge



This year, we had the privilege of hosting the first EPF Health Challenge, an event aimed at promoting health and wellness among our participants. The challenge consisted of three exciting games that tested the physical and mental endurance of our dedicated participants.

We would like to express our heartfelt appreciation and gratitude to all the individuals who took part in this event. Your commitment and enthusiasm have made this Health Challenge a resounding success. It is through your active participation that we were able to create an atmosphere of camaraderie, teamwork, and healthy competition.

We would also like to extend a special congratulations to our winners, Nambawan Super. Your exceptional performance and dedication have truly set you apart from the rest. Your hard work and determination have earned you this well-deserved victory.

Once again, we would like to thank each and every participant and sponsor for making this event memorable; Trukai Teams A and B, Team Dream Inn and Team KPMG. Your presence has not only contributed towards your personal health goals but has also strengthened our team building efforts as a community. Let us continue on this journey towards better health together.

Thank you all once again for being a part of the first EPF Health Challenge. We look forward to more such events in the future as we strive towards creating a healthier and happier community.

FROM THIS QUARTER

★ UNICEF Youth Health Champions



With support from UNICEF, our Youth Health Champions took part in a three-day workshop, which proved to be an enriching and impactful experience. The workshop brought together 20 participants from the Nations Capital and Central Province, who engaged in insightful discussions on important topics such as teenage pregnancy, road safety, and non-communicable diseases.

The workshop served as a platform for our Health Champions to expand their knowledge on these critical areas. Through interactive sessions and group activities, they were able to exchange ideas, share experiences, and learn from each other's perspectives. This collaborative environment fostered team building and created a sense of unity among the participants.

We would like to express our sincere appreciation to all the individuals who made this workshop possible - UNICEF, Marie Stopes, facilitators, and of course, the dedicated Health Champions themselves. Their commitment and enthusiasm played an integral role in making this event a success.

By equipping our youth with valuable knowledge on sexual reproductive health, road safety, and youth mental health, we are empowering them to become advocates for positive change within their communities. We believe that their newfound expertise will enable them to make informed decisions about their own well-being while also serving as valuable resources for their peers.

Once again, we extend our heartfelt gratitude to everyone involved in this endeavour. Together, we are making a difference in the lives of our youth by promoting health awareness and fostering a supportive network of Health Champions.

★ Hagara Primary School World Childrens Day



World Children's Day is a significant event celebrated globally to promote and protect the rights of children. Equal Playing Field (EPF) recently celebrated this special day by marking the Hagara Primary Schools signing of their Child Protection Policy.

To commemorate this important milestone, a new school billboard was erected at the schoolground. This billboard serves as a visual representation of EPF and Hagara Primary schools' commitment to ensuring the safety and well-being of every child within the school.

The Child Protection Policy signifies the schools dedication to creating a safe and nurturing environment for all students. It outlines guidelines and protocols that aim to prevent any form of abuse or harm towards children, while also promoting their rights and welfare.

By celebrating World Children's Day and erecting this new billboard, we hope to raise awareness among our students, staff, parents, and the broader community about the importance of child protection. We believe that every child deserves to grow up in an environment that fosters their growth, development, and happiness.

At EPF, we are proud to prioritize the well-being of all students and remain committed to implementing policies that ensure their safety.

FROM THIS QUARTER



Community Engagement



EPF delivered sessions at three different communities in NCD. Community engagement plays a crucial role in addressing social issues and promoting positive change. At Taurama, ATS, and Bomana, our dedicated volunteers have taken the initiative to facilitate sessions on two important topics: Violence Against Women and Internet Safety.

These sessions are specifically designed to engage and educate youths in these communities. By creating a safe space for open discussions, our volunteers aim to raise awareness about the prevalence of violence against women and empower individuals to take action against it.

Moreover, the sessions also focus on internet safety, as online platforms have become an integral part of our daily lives. With the increasing use of technology among youths, it is essential to equip them with knowledge about potential risks and how to navigate the digital world safely.

Through these community engagement efforts, we strive to foster a sense of responsibility among youths towards creating safer environments both offline and online. By facilitating these sessions, our volunteers are actively contributing towards building a more inclusive society where everyone feels safe and empowered.

EPF WORKOUT CULTURE



At Equal Playing Field, we firmly believe in promoting a healthy lifestyle for all our employees. We've therefore incorporated regular workout days into our daily routines and have done so since 2019. Every Monday, Wednesday, and Friday, everyone at the office comes together to participate in invigorating, yet fun physical activities.

These workout days not only help us stay fit and active but also foster a sense of camaraderie among our team members. We understand the importance of maintaining a work-life balance and recognize that physical well-being plays a crucial role in overall productivity and happiness.

By encouraging regular exercise within the workplace, we are creating an environment that supports and prioritizes the health of our employees. Whether it's engaging in group workouts or pursuing individual fitness goals, everyone at Equal Playing Field is committed to nurturing a culture of wellness.

Join us on our journey towards a healthier lifestyle and experience first-hand the positive impact it can have on your overall well-being. Together, let's make every day an opportunity to prioritize our health and achieve greatness both personally and professionally!

FROM THIS QUARTER

★ EPF4S TERM 4: HAGARA PRIMARY SCHOOL



As we come to the close of this year's EPF4S, we want to take a moment to express our heartfelt gratitude and appreciation. We extend a big thank you to the dedicated teachers of Hagara Primary School, who have worked tirelessly throughout the year to shape the minds and futures of our young learners.

We would also like to extend our gratitude to our volunteer facilitators, whose unwavering commitment and passion have made a significant impact on the success of this program. Your selflessness and dedication have not gone unnoticed, and we are truly grateful for your invaluable contributions.

Lastly, we would like to offer our heartfelt congratulations to all the true champions who have participated in EPF4S this year. Your hard work, determination, and resilience have been truly inspiring. You have shown us what it means to strive for excellence and overcome challenges with grace.

As we reflect on this year's achievements, let us carry forward the lessons learned and continue supporting one another in our pursuit of knowledge and growth. Once again, thank you all for being an integral part of EPF4S 2023. Here's to a bright future ahead!

STUDENT COMMENTS

In the eight-week EPF4S program, what sessions/topics or activities were your favourite and why is it or are they your favourite?



Setting boundaries and consent because I learnt that I must respect other people and their boundaries and I learnt to set my own boundaries for other people. started, I learnt to respect girls and include them in anything that we do

Male, 16 Kilakila Primary School student



Setting boundaries and consent I learn to speak up on things that are wrong in my relationship and friendships as well.

Male, 14 St Francis Primary School student

Setting boundaries and Consent (Speaking up) for things that make me uncomfortable at school and home.

Female, 14 St Francis Primary School student

Everyone is equal. I like it because it taught us that boys and girls should treat each other fairly.

Female, 14 Hagara Primary School student

FROM THIS QUARTER

TRUE CHAMPIONS OF 2023



Hagara Primary School True Champions



St. Francis Primary School True Champions



Kila Kila Primary School True Champions



June Valley Primary School True Champions

STATS FROM EPF4S

NUMBER OF PARTICIPANTS TERM 4: HAGARA PRIMARY SCHOOL

MALES 59

FEMALES 60



Total Students: 119

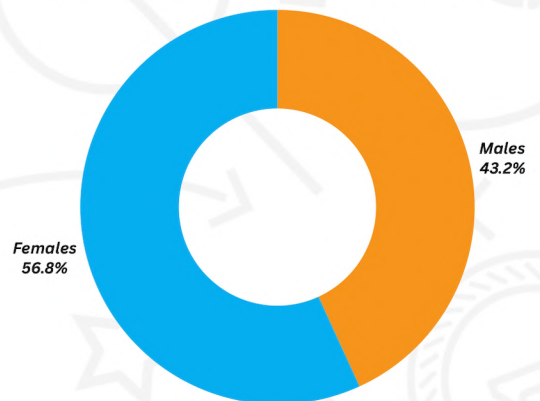


STATS FROM EPF4S 2023

MALES 278



FEMALES 366



Equal Playing Field is proudly supported by:

The Australian Government in partnership with Government of Papua New Guinea

