

Helping Hands

Jan- March 2026



Empowering the Next Generation of Cambodian Youth

At Helping Hands Cambodia, the first months of 2026 brought a beautiful wave of inspiration, movement, and growth. Thanks to your unwavering support, our school stands as a joyful community where children access nutritional security, explore modern sciences, discover artistic expression, and learn to lead through sports, giving them the stability to step out of poverty and dream of a brighter future.

This past quarter, 343 children and youth were actively enrolled in our safe learning environment, receiving 6,983 balanced breakfast meals to fuel their morning focus across 23 days of comprehensive, multi-level academic support per month. Beyond the classroom, our broader sports framework engaged over 2,000 youth across the Doun Kaev commune, while 4 outstanding university scholars continued breaking cycles of poverty through higher education.

From Seeds to Shaded Canopies: The Food and Farming Project

Our school garden remains a cornerstone of health and environmental education. This quarter, our new International Development intern, Henry, worked side-by-side with students to maintain this vital space, joined by returning volunteer Helen to scale our agricultural efforts.

The garden achieved a major milestone thanks to a generous donation from volunteer Robert, which funded the construction of a permanent shaded roof structure. This canopy shields our delicate crops from the intense Cambodian sun, securing a bountiful harvest that directly enriches our Breakfast Program for around 350 children every morning.

Pedals of Freedom: Empowering Students Through Mobility

For many children in rural Siem Reap Province, long travel distances present a major barrier to school attendance. To combat this, our team organized a special distribution of brand-new bicycles to five vulnerable boys and girls, drastically cutting commute times, preventing exhaustion, and ensuring they arrive energized and ready to learn.



Overcoming Challenges Together

Classrooms transformed into dynamic laboratories as returning volunteers Andrew and Sue led hands-on science experiments exploring theories of energy, light, and focal length. This rich learning environment was further supported by global volunteers Liz (UK), Hugh and Wendy (Canada), and Lea (France), who lent their expertise in teaching methodologies, creative arts, and language acquisition.

Furthermore, a transformative partnership with The Randal Foundation allowed us to expand our healthcare infrastructure by hiring a dedicated medical nurse. She will conduct routine check-ups for every student, deliver health and hygiene workshops to families and staff, and oversee essential water filter upgrades to secure continuous access to safe drinking water.

From Students to Mentors: Leading the Next Generation



There is no greater measure of impact than seeing former students return to uplift their own community. This quarter, we proudly celebrate two outstanding young women:

- **Sineng's Dream Realized:** Starting her journey as a young child at Helping Hands, Sineng graduated with a degree in Management from the University of South-East Asia. She has now officially returned to our school as a certified part-time teacher, guiding beginner English classes in her home village with immense confidence.
- **Taev's Heart for Service:** After graduating from our school program and entering university, Taev returned as a dedicated volunteer, teaching weekly workshops on hygiene, sanitation, morality, and art to basic Khmer classes.

Health, Expression, and Cultural Spirit

- **Weekly Zumba Sessions:** Students love their weekly Zumba classes led by instructor Sonita. Rotating monthly, groups build physical health, rhythm, and self-confidence by stepping forward to lead dance circles.
- **Colors on the Street (The Giant Puppet Parade):** In February, students participated in intensive workshops building massive, colorful puppets, culminating in a breathtaking night parade through the streets of Siem Reap alongside thousands of spectators.
- **The Temple Run (January 23rd):** Hundreds of local students and global solidarity runners participated in our annual Temple Run, raising vital resources that sustain year-round training for over 2,000 rural youth.
- **Grand Inauguration of Our Sports Field (March 21st):** We officially inaugurated our new 15,000 square meters multi-sport field facility during our annual Sports Day Festival. Bringing together roughly 1,200 attendees across seven primary schools, the event championed gender empowerment by awarding boys and girls on equal competitive footing.



Daily Educational Framework

To maintain consistent progress across our 23 monthly instructional days, our school operates structured daily tracks across all proficiencies:

- Khmer Basic Education: 2 daily sessions (Grade 1)
- English Basic Foundations: 2 daily sessions (Grade 2)
- Let's Go English Framework: 6 daily sessions (Grades 3 to 6)
- Beginner Language Track: 3 daily sessions (Grades 7 to 9)
- Elementary Language Module: 2 daily reinforcement tracks (Grade 10)
- Pre-Intermediate Studies: 1 high school completion session (Grades 11 & 12)
- Higher Education Track: Mentorship and financial support for 4 university scholars



THANK YOU FOR YOUR SUPPORT!

None of these milestones, the shade structure protecting our crops, Sineng's inspiring return as a certified teacher, or the victory felt on our new running lanes, could exist without your dedicated belief in our mission.

In a region where seasonal climate shifts and economic barriers are daily realities, your generosity provides the steady foundation these children need to rise.

You are giving 343 Cambodian children the tools to read, the health to grow, and the confidence to run toward a future filled with infinite possibilities. Thank you for standing with us!

