

# Mariam

Mariam is a young lady who has been a pupil at Lizpal School since Baby Class which she was a latecomer as the family could not afford the fees before, she has already reached Class 2.

We first met her in January 2015 when she was 5 and half years old and weighed 19 kg, she was meeting the expected weight for her age according to the WHO standards. Mariam measured 110 cm at the time and sat on the 75<sup>th</sup> percentile.

Working with her over two and a half years a huge improvement in her health has occurred. She has whizzed through her classes despite starting behind her peers as she was given the correct nourishment.

She continues to have a healthy weight of 22.5 kg and a height of 122 cm, she remains the 75<sup>th</sup> centile with the average child in the developed world and therefore has the chance to excel with her peers.

Date	Centile
27/01/2015	75
19/02/2016	75