

SCORE A GOAL
AGAINST
HUNGER
RESOURCE PACK



During the 30 days of the World Cup in South Africa, 250,000 children around the world will die, many of them in Africa, simply from a lack of food.

Score a Goal Against Hunger is a campaign to raise awareness and funds for food projects in rural Africa. Get your school involved and start helping children get enough food to eat, and have enough time and energy to enjoy their child-hood and play games like football.

Together, we can Score a Goal Against Hunger this World Cup!

All money raised will be split between development charities Self Help Africa and Send a Cow. Both charities work with families in rural Africa, helping them to grow enough food to feed their families and earn an income.

By teaming up on this campaign, Self Help Africa and Send a Cow have been able to pool resources and ultimately make your donation go even further!

Q. What's the easiest way to help?

A. Wear your favourite kit to school!

While your pupils get into World Cup fever watching the matches in South Africa, how about holding a simple 'non uniform day' with pupils wearing their favourite sports strip? You could charge a 50p or £1 fee. You could hold this on Friday 9th July to coincide with the final on 11th July.

As well as proposing a simple non-uniform day to raise money for our work **we've put together a hassle-free resource pack to help bring Africa into your classroom.....**

YOUR RESOURCE PACK CONTAINS:

ACTIVITY: HOW TO MAKE A PLASTIC BAG FOOTBALL – pages 3 and 4

ACTIVITY: AFRICAN FOOTY TOURNAMENT – pages 5 and 6

As well as having a non-uniform day to help Score A Goal Against Hunger, why not use our two other great activity ideas to raise some money for people in Africa? Children can use our instructions to make their own African footballs. Then they could be used for an African football tournament. Maybe the teachers could be goalkeepers!

OVERVIEW OF SELF HELP AFRICA AND SEND A COW - page 7

What do the charities do? How will the money we raise get spent? This overview will tell you!

PARENTS' LETTER SUGGESTED WORDING - page 8

To make your life even easier, we've written a paragraph of suggested wording about the campaign to include in a letter to parents!

DONATION FORM – page 9

Every penny you raise will make a huge difference to families in rural Africa. To say thank you, we'll send you a laminated certificate to display in your class room.

ASSEMBLY - download from <http://selfhelpafrica.com/selfhelp/Main/worldcup.htm>

The assembly is suitable for all age groups. It teaches children about how difficult life is for some children in Africa and how they can be helped. Make sure you check through the slides so you are familiar with them before the assembly (some are animated). Print out two A4 sheets, one with the number “4” and one with the number “7” on beforehand.

LESSON PLAN + TEACHERS' NOTES - download from <http://selfhelpafrica.com/selfhelp/Main/worldcup.htm>

Tell your class about Rose, a young girl who lives in Rwanda. There are teachers' notes, a PowerPoint lesson and other resources to help your class understand how children in Rwanda spend their day and compare this to their own lives.

BEEKEEPING IN AFRICA FILM - download from <http://selfhelpafrica.com/selfhelp/Main/worldcup.htm>

The film could be shown in assembly or during lesson time.

ACTIVITY: HOW TO MAKE A PLASTIC BAG FOOTBALL!



All across Africa children play football on grass pitches or on dirty patches of ground, often with bare feet. Many children are not able to afford a leather football so they make their own out whatever they can find. This can include banana leaves, strips of cloth, rubber, and pieces of fabric. The most common material used is plastic bags.



TO MAKE A FOOTBALL YOU WILL NEED:

20-30 plastic bags Some newspaper String or twine

THIS IS HOW YOU MAKE IT:



Scrunch some newspaper for the centre of the ball.



Put the paper in your first plastic bag and twist the bag closed.



Tie the plastic bag. Try not to make a bulge in the bag!



Hold the twisted bag and turn the bag over the ball the other way. If the bag is big you may need do this more than once.



Keep placing the ball in more bags, twisting, turning and tying.



Save a good strong plastic bag for your last one.



Your plastic bag football is finished!
Why don't you use it to play a game?



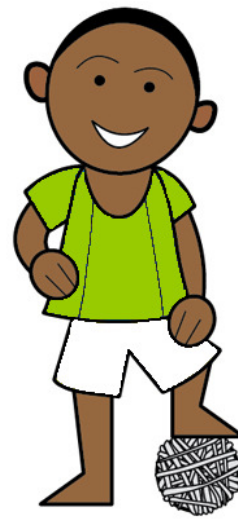
Tie the string and wrap it tightly round the bag in one direction and then at different angles.

There are lots of different ways to make plastic bag footballs and some African children make up different designs. These sheets tell you how to make a simple version.

Maybe with a bit of practice you can make a plastic bag football as good as Matthieu's!



AFRICAN FOOTY TOURNAMENT



Why not organise a football tournament at your school as part of our Score A Goal Against Hunger campaign?

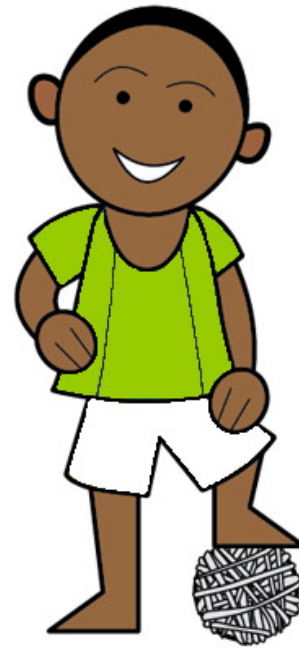
As well as getting pupils outside and active, it's a great Eco-schools project and can easily be turned into a simple fundraiser!

HERES HOW TO DO IT:

- Get some teams together and decide which country you want to be.
- You can use the internet and library to find out about your country.
- Maybe you could design a new kit and flag for your country.
- Decide what date your tournament will be. Could you have it on a sports day? Do you want to invite people from home?
- Design a poster to advertise the tournament or use the poster on the next page
- You could play the tournament with African plastic bag footballs!
- To raise money, you could charge teams to enter, have a cake sale, play in fancy dress, charge spectators or have a tombola

WE ARE HOLDING AN

**AFRICAN
FOOTY
TOURNAMENT**



ON _____

TO SCORE A GOAL AGAINST HUNGER!

IN AID OF



Reg. charity no. 298830



Reg. charity no. 299717

OVERVIEW OF SELF HELP AFRICA AND SEND A COW



Our two organizations work to help African farmers grow enough food to feed their families, sell produce and develop small businesses that last. We provide training, livestock, seeds and ongoing practical support; and help families to make the most of the land and resources they already have.

By allowing everyone to participate in partnership, we enable people to develop skills, confidence and self respect. People are happier and healthier, children are educated, homes are improved and communities learn together and are more harmonious.

It is not a quick fix solution to rural development, we typically work with groups to effect sustainable change to people's livelihoods over the long term. We also highlight issues such as gender equality, health and family harmony and recognise that they are just as vital to the success of development programmes in Africa as simply providing immediate help.

Our efforts support rural African communities to market and sell their produce, to earn more from their farm produce, and improve access to small loans so that they can expand, diversify their activities, both on and off the farm.

So in addition to ongoing training, we also provide courses in subjects such as gender equality, conflict resolution, health and hygiene, climate change adaptation, and HIV&AIDS awareness. In addition, we help people get access to vital services such as healthcare and education through encouraging the use of effective networks.

This balance of practical farming skills with social, life skills is a potent mix and produces remarkable results for both charities.

Thank you.

www.selfhelpafrica.org www.sendacow.org.uk

PARENTS LETTER SUGGESTED WORDING



Dear Parents

Score a goal against hunger this World Cup!

During the 30 days of the Football World Cup, 250,000 children around the world will die, many of them in Africa, simply from a lack of food. Development charities Self Help Africa and Send a Cow want to change this situation and are teaming up with schools around the UK to Score a Goal Against Hunger.

On xxx we are having a non-uniform day to coincide with the focus on Africa during the Football World Cup. Your child can wear a favourite strip or simply their own clothes. We would like to suggest a donation of xx and all money raised will be split between Self Help Africa and Send a Cow for their vital work, helping families move from hunger to a secure future.

DONATION FORM



Thank you for scoring a goal against hunger!

All donations for this campaign will be split between and **Self Help Africa** (reg. charity no. 298830) and **Send a Cow** (reg. charity no. 299717)

We would like to donate £.....

Please make cheques payable to 'Self Help Africa'

School name.....

School address.....

.....Postcode.....

Tel. no.....Email.....

Self Help Africa and Send a Cow would like to send your school relevant email updates about resources and campaigns. Please [tick to join both email lists](#)

Please return this form with your contributions to:

**Self Help Africa
Freepost RRXU-AZUB-EBEE
Westgate House
Hills Lane
Shrewsbury
SY1 1 QU**

THANK YOU!

We will send you a thank you certificate to display in your school