

just **ONE** day

Parent information



Dear Parents and Guardians,

## **Just One Day Fundraiser - Tuesday, 12<sup>th</sup> September, 2017**

Grade 4 are participating in Just One Day and we would love your support!

'Just One Day' provides an opportunity for students and families to act upon their learning, to make a difference in the lives of disadvantaged children. This takes the form of a **one-day challenge** where the children will be eating simply, thinking carefully about water use and turning off screens for the day. In this activity, students will raise funds which will be sent directly to aid the poor in developing countries through INA programs. More information can be found at [www.iustoneday.org.au](http://www.iustoneday.org.au).

### **ON THIS DAY STUDENTS NEED TO;**

- bring only fruit for a recess snack
- not bring a drink bottle to school
- bring a plastic bowl or plate for their lunch

### **THE TARGET**

For each child to raise enough funds to send one child to school for a year in a developing Country! This equates to \$100. This sounds like a lot, but if you follow the steps below we believe it is an achievable goal and a fantastic accomplishment for a young person who has learnt that they have so much compared to others in the world.

### **WHAT DO YOU NEED TO DO?**

1. Talk to your child about the fundraiser and read the rest of the information in this letter to support your child to live simply for Just One Day at home and at school on the 12th September.
2. Support your children to ask for sponsors and collect donations.
3. Bring any donations to school by **MONDAY, 18th SEPTEMBER, 2017**.

We believe this is a very valuable part of the journey to create students who are global citizens of the future!

Thank you for participating!

The Grade Four Teachers.

# just ONE day

## GUIDE TO LIVING SIMPLY

This Living Simply Guide will help you to experience what life is like for families living in poor communities overseas. As you go about your daily tasks, think about what you are doing and what it would be like if you lived like this all the time.

### **EAT SIMPLY**

People in poor communities don't have much money to buy many different kinds of food. Often there are not many shops around and there isn't much variety available. Today, try to eat really simple food. You might feel a little hungry, but it is for Just One Day. This will help you to imagine what it would be like if you were hungry all the time.

Remember that for today, you need to put away your utensils and eat out of a bowl using your fingers. You can sit on the floor or sit on chairs but don't use a table.

Here are some suggestions about what you should eat.

### **BREAKFAST**

(choose one)

- Plain oats cooked with water
- Weet bix with a splash of water
- Bread

### **MORNING TEA**

- One piece of fruit

### **LUNCH (provided at school)**

- Rice

### **DINNER**

(choose one)

- Baked beans on toast (no butter)
- Rice and vegetables
- Rice and beans (baked beans, cannellini)
- Mashed potato (white or sweet) with beans or vegetables

### **USE WATER THOUGHTFULLY**

In most poor communities, families do not have running water in their homes.

It is usually the responsibility of children and women to collect water from a central village tap or well, or from a river some distance away.

It is hard work collecting water for a whole family, especially when you have to carry it on your head.

For Just One Day, think about how you use water everyday. You might like to write down all the ways that you and your family use water.

Your challenge at home is: to collect all your drinking water from an outside tap. You could fill a couple of buckets in the morning, then put them somewhere safe inside; or you could go outside whenever you want a drink.

### **TURN OFF SCREENS**

In many poor communities overseas electricity is not available, or if it is, it isn't available all the time. It is also expensive. Also, children do not have all the electronic screens that we have for entertainment.

Your challenge at home is: to not use any form of screen device to have fun. This means NO TVs, computers, ipods, ipads, phones, Xbox, PS, Wii or any other gizmo you might think of. Instead you could:

- Play outside with a skipping rope or ball
- Play a game of hopscotch
- Play a board game
- Do a jigsaw puzzle
- Draw a picture