

African Walk to School

This Walk to School Week, why not learn while you walk and join in with thousands of children across Africa who walk to school every day?



In many African countries children have to get up at 5am and walk around 5 miles or anything up to 15 miles to get to school! Education is so important to them that they really want to get to school, but without a car, a bicycle or money to use a bus, many children end up walking.

We help the parents of children in poor families like this.

So, to add something special to Walk to School Week, take your class on a journey into the lives of African children each day that they walk and find out more about our charity at the same time.





How to run an African Walk to School Week

Start by using the Powerpoint to introduce it to your class. Then use the facts about life in East Africa to create a display for your week.

This is what to do each day:

Monday – Start walking! Show the slideshow and get pupils to colour in the fact boxes for your walking display. Introduce them to Send a Cow's work using:
www.cowforce.com

Tuesday – Time for some effort. Remind pupils how many children in East Africa have to carry water when they need to use it – meaning even more walking each day. Ask pupils to carry some bottles of water in their rucksacks for the day to see how heavy it can be to carry water.

Wednesday – Get recycling. Ask pupils to bring in some spare plastic bags and string from home. They can now create their own plastic bag footballs and netballs, just like African children do. Use the instructions here:
www.sendacow.org.uk/lessonsfromafrica/plastic-bag-football

Thursday – It's playtime! Teach your pupils some East African playground games. They can use their new plastic bag balls for some of them! Use these game instructions listed on the link above.

Friday – Have a taste of Africa! Reward your pupils' walking by holding a tasting session of some fruits and foods that are often eaten in East Africa. Try mango, paw paws, avocado, banana, grapefruit, guava, melon, papaya and pineapple. Or get pupils to sample some of these recipes:
www.sendacow.org.uk/lessonsfromafrica/african-recipes

Other ideas to make your week even more fun:

- Many children can't even afford shoes and have to walk all the way to school barefoot. Others walk in flip-flops. Why not challenge your pupils to wear flip-flops on one of the days to show solidarity with African children?
- As pupils walk to school each day (or earn points if they've come in a car by running around the playground), each point or mile could be put on a squared paper display to show how much the whole class have walked that week. This can then be compared with the equivalent class of African children, walking around 5 miles a day each.
- You may wish to turn the pupils' walking into an imaginary journey across East Africa on a map: starting at Lake Victoria in Uganda and plotting a route on a map across the Serengeti, to Ngorongoro Crater, Kilimanjaro and then on to Mombasa and Nairobi in Kenya.





Could you raise money to help African children during your Walk to School Week?

While your pupils are getting fit and learning about African children, it's a great time to show them that they can help children to get out of poverty.

Why not add a sponsored element to your African Walk to School Week? You'll be helping poor African families to afford shoes and school books so that their children can grow up with a good education and more of a chance of leaving poverty.

Send a Cow's work enables families to grow more food on their land, meaning healthier homes, but also more income. Once they start selling crops, families start small businesses and are no longer reliant on aid, able to buy essentials such as medicines and bedding that children need to give them a good start in life. You can find out more about our work online at:

www.sendacow.org.uk

Please consider raising some money during your Walk to School Week and enable your pupils to make a massive difference to the lives of children in Africa.

Thank you.



Donation Form

Thank you for your support

We would like to donate £.....

Please make cheques payable to 'Send a Cow'

School name.....

School address.....

.....Postcode.....

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

We would like to send your school relevant email updates about other new resources. **Please tick to join our education email list:** ☐

Please return this form with your contributions to:

**Send a Cow
The Old Estate Yard
Newton St Loe
Bath
BA2 9BR
BANES**

THANK YOU!

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

