



Dear Primary or Nursery Teacher

Thank you for enrolling in our brand new **FTC 4Cs Club**— this is an exciting new programme, designed to form creative links between school groups in the UK and overseas.

Please find enclosed a pack of resources that will support project work in class. An African-themed day or week would introduce pupils to the life and culture of this fascinating continent. Africa is not just about poverty and disease; it is a beautiful continent, with spectacular wildlife, and rich and diverse cultures, as I hope the suggested activities will bring out.

FTC 4Cs Club represents the opportunity, not just to help children in a poor area, but to find out something about how they live, and exchange information, making this an educational experience for both sides.

If you decide to organise an Africa Day or Week, the suggested resources include stories, activities and games to introduce African culture to young children, as well as the need to think of others besides ourselves.

As always, we appreciate your feedback—let us know how your African Day or Week goes. Your photos will be especially welcome, for the first edition of the **FTC 4Cs Club** newsletter.

Yours faithfully



Brian Main
Chief Executive Officer

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**We accept donations by phone
and on-line**

FTC 4Cs Club — how it works



There are five levels of membership of **FTC 4Cs Club**, determined by how much you are able to donate to the programme. You may already have decided how much you wish to raise, but if not, don't worry! Membership can start at Indigo level, and change during the year as you raise your donations.

We are also very happy to receive donations of goods, for instance, from your harvest festival, and you should receive our harvest mailing early in the autumn term.

You will receive regular newsletters, showing updates on where your donations are being allocated.

We also encourage communication between participating schools, and we will be very pleased to receive letters and/or pictures from your pupils.

Please do not include the address of the school, and especially not addresses of any of the children in any of your letters, as we wish to discourage any direct correspondence between participating schools.

Platinum Three years at £1000 or more per year.	Make a substantial contribution to the development of a school; equip a school kitchen, and give each pupil their own desk, chair, essential stationery and a nutritious lunch.
Gold Two years at £750 or more each year.	Help to mend a roof, or provide new kitchen equipment, essential classroom furniture and text books, and a nutritious lunch for each pupil.
Silver One year at £500 or more per year.	Providing basic equipment such as kitchen pots and pans, sports equipment, art materials, blackboards, and a nutritious lunch.
Bronze Two or more donations of £100 or more per year.	Provide school uniforms and some classroom essentials such as blackboard, chalk, stationery and art materials, text books and a nutritious lunch.
Indigo One off donation per year more than £100	In Africa, £100 goes much further than it would in the UK. Indigo level membership could provide children in a slum area with much needed basic items such as school uniforms, shoes, exercise books, pens and a nutritious lunch.

The Five Levels of Membership

Resources

Ideas for activities:

Why not organise an African-themed day or week? This would give the opportunity to explore the rich life and culture in this vast continent, in ways that enrich learning across the curriculum.

Food—try these traditional Kenyan staples:

Irio

5 lb of potatoes
1 lb of green peas
1/2 lb pound of corn
1 onion
vegetable oil
spices

Fry the finely chopped onion in a little vegetable oil to a light golden colour. Add the peeled potatoes to the pot. Add peas and corn. Add water and leave to boil until potatoes, peas and corn are completely cooked. Add salt and spices according to taste. Boil for 2 to 5 minutes. Mash until ingredients are combined into a stiff mash.

People in urban areas of Kenya sometimes make Irio using instant potato powder, with canned peas and corn, and this version might be easier to make in school—a packet of instant mash, to one can of green peas and one can of sweetcorn.*

Ugali

2 cups fine maize meal or corn flour
4 cups water
Salt (Optional)

Boil the water. Reduce heat to medium and add the maize or cornflour, gradually stirring until the mixture is stiff. Cover and leave to stand for about 5 minutes. Stir again and form into a mound. The Ugali will be done when it pulls from the sides of the pan easily and does not stick.

Ugali is often eaten for breakfast, or might be served with meat stew for a main meal.

Chapati-style bread is commonly eaten.

Fruit grown in Africa includes mango, banana, papaya (pawpaw), pineapple and avocado.

*For older children, you might like to discuss some of the background issues; people living in towns often use processed, imported food, because it is cheaper than fresh, locally grown produce. That is because of the subsidies available to farmers in countries like the US, and EEC member states. They will also use the water from the cans to make up the instant mash—you could discuss how water supply is not as clean and reliable as for us.

Art—Africa’s fascinating wildlife offers the perfect theme for children’s art and model-making.

Music—Ladysmith Black Mambazo from South Africa, or Tinariwen from Mali are readily available.

Citizenship—write letters or draw pictures of your school, home or family, for sending to **FTC 4Cs Club** schools in Africa. Hold a fundraising event for Feed The Children.

Information books:

Children Just Like Me: Dorling Kindersley

Children Just Like Me—Celebrations: Dorling Kindersley

Story and picture books:

Masai and I—Virginia Kroll, Picture Puffins

Jambo Means Hello: Swahili Alphabet Book—Muriel and Tom Feelings, Picture Puffins

Moja Means One: Swahili Counting Book—Muriel and Tom Feelings, Picture Puffins

One Big Family: Sharing Life in an African Village—Ifeoma Onyefulu, Frances Lincoln

A is for Africa—Ifeoma Onyefulu, Frances Lincoln

Ebele’s Favourite: A Book of African Games— Ifeoma Onyefulu, Frances Lincoln

Show the pictures from Feed The Children, and talk about how different life is from ours. Pictures are available as a PowerPoint show; if you prefer this format, please email for a copy — info@feedthechildren.org.uk.

Raising your donations

Thank you!

As a member of the **FTC 4Cs Club**, you will be making a substantial difference to the education and prospects of children who otherwise would have no education at all.

Please feel free to use any fundraising ideas that have worked for you in the past—we'd love to use your stories and photos in our newsletter, or see our **AZ Fundraising Ideas**, included in this pack.

Sponsored 5-a-day—do some children need a little encouragement to eat healthily? They can raise money for Feed The Children and improve their own diet at the same time.

Parents/carers will be asked to circle as a portion of fruit or vegetables is eaten each day, and children will be asked to collect sponsors. If 100 children were sponsored by four people for 1p per portion per day, that would raise £100!

A sponsor form, which could form part of your letter to parents, is on page 6.

Sponsored Five-A Day				
Mon 1	2	3	4	5
Tues 1	2	3	4	5
Wed 1	2	3	4	5
Thurs 1	2	3	4	5
Fri 1	2	3	4	5

Harvest festival

This traditional time of thanksgiving and sharing is a valuable source of many of the goods we send overseas, and the funds we need to cover the costs of transportation. You might wish to consider a straightforward collection of harvest goods; a sale of goods, a cash collection, or a combination of a goods and cash collection.

Retiring collections

A school play, Christmas concert, or other event, could be an opportunity to ask parents for a voluntary contribution.



Stara School

Stara School is situated in Africa's second largest slum, Kibera, near Nairobi, Kenya. Most of the people who live in Kibera live in one room huts, without electricity or running water. The streets are open sewers, filled with rubbish.

Most of the children in Kibera have no toys, nowhere to play, and no chance of going to school.

Education is the key to helping people to raise themselves out of poverty.

Feed The Children opened Stara School to give some of the children of Kibera the chance of an education.

The facilities there are very basic, as the picture shows. For many of the children, their school lunch is the only meal of the day.

These pictures, and more, are available in Powerpoint format.
Call 0118 932 0095, or email info@feedthechildren.org.uk .



A school kitchen

This is a typical school kitchen; not much like a school kitchen in the UK.

The hygienic steel surfaces, cookers and fridges we would expect are simply not available to a slum school.

Feed The Children wants to provide the kitchen equipment that will help schools to give children a nourishing meal at midday. Basic equipment would include a wood-burning stove, a fridge, work surfaces, pots and pans, and sufficient crockery and cutlery for all the children. In some schools, installation of a water supply is also needed.



Achieving potential

Children who have disabilities can do very well, given the right support and teaching.

At Dagoretti, children with physical disabilities can have the resources taken for granted in the UK — eg., a wheelchair, a prosthetic limb, physiotherapy — that would simply not be available in Kenya. There is no special needs provision. Parents have to pay for everything, which means most children with disabilities simply cannot have what they need.

This lad has lost the use of his arms, but at Dagoretti, he has learned to do very well with his feet. He has proved to be a talented artist.



School for refugees

Thousands of children in Liberia, West Africa, had their chances of education wrecked by a long civil war.

Feed The Children is supporting this school, in a refugee camp. The children are using notebooks and pencils donated by supporters in the UK. We also provide their school lunch.