



Do you think we have the power to make Ireland a happier and healthier place for the future? At An Post, we know that we can all play our part to make our country an even better place to live!

There are lots of different ways that we can make Ireland happier and healthier. Making an effort to include everyone, using public transport and renewable energy sources, and reducing, reusing and recycling are all examples of ways we can improve the happiness and health of our communities for the future! This year, we're asking everyone to share their favourite ways that we can make Ireland happier and healthier for 2030.



### An Post Writing Competition

To participate in the An Post "A Happier and Healthier Ireland 2030" Writing Competition, complete the steps below. You can use our Teacher's Guide on the following pages to help your 5th - 6th class pupils craft the perfect entry!



### Step 1: Explore how we can make Ireland happier and healthier for the future!

Use the Teacher's Guide on the following pages to explore key questions related to improving our communities for the future.

### Step 2: Writing Prompt

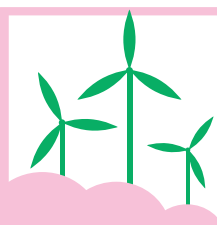
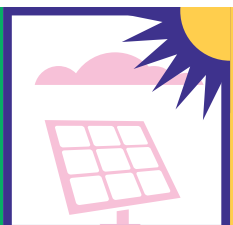
Read the Sample Letter from the year 2030. Have your pupils choose their favourite ways to make Ireland happier and healthier for the future and write us a letter on what they are. They can add a picture to their letter so we can see what their Happier and Healthier Ireland 2030 looks like!

### Step 3: Check your Work

Encourage your pupils to use our handwriting checklist to self-edit their work!

### Step 4: Send it in!

- Fill out our entry form for each pupil and attach the handwritten copy of their entry.
- Send it to:  
**An Post Junior Writing Competition**  
**PO Box 13287**  
**Freeport FDN7461**  
**Dublin 1**
- The deadline for entry submission is **24th March 2023**.



We hope you're excited to participate in An Post's annual Writing Competition. We've put together a Teacher's Guide to help you facilitate letter writing in your class.



### Resources

- PowerPoint – photos and key questions
- An Post Videos x2 (in PowerPoint)
- A4 paper (group work)
- Sample Letter
- Writing Template



### Introduction

Introduce the lesson by asking some **key questions**:

- What is a community and what community are we part of?
- How can we make our community healthier and happier?
- How can we make the world we live in happier and healthier?
- What do you think the world will look like in 2030?

Have a **general discussion** around how we can make the world a happier and healthier place.



## Presentation - Powerpoint

### Key Questions during the lesson:

- Who delivers your post?
- What are An Post doing to make Ireland Healthier and Happier?
- What can you do to help?
- What do the words sustainability, diversity, inclusion and biodiversity mean?
- How will we work well together in a group?
- What jobs will each person have?

### Part 1:

An Post Video – Leaving your Mark.

- **Slide 2 and 3:** Watch video and discussion around what An Post are doing to help make Ireland happier and healthier.
- **Slide 4:** Watch video and discussion around An Post's delivery service.

### Part 2:

Picture Activity on PowerPoint – describe what's happening in the pictures.

- **Slide 5:** Introduce the words;
  - Sustainability – “Maintaining the world we live in, and acting responsibly so the planet's resources will be able to support many generations to come.”
  - Diversity – Involving people from a range of different backgrounds, genders etc.

- Inclusion – Allowing equal opportunities for all
- Biodiversity – Plant and animal life in the world/ environment around us.

**Slides 6-11** – Spend less than a minute on each slide as the group work will give the children a chance to delve deeper into each topic.

- **Slide 6:** Sustainability – Discussion and questions about how sustainable resources and activities can make our communities healthier and happier.
- **Slide 7:** Diversity and Inclusion – Discussion and questions about how diversity and inclusion can make our communities healthier and happier.
- **Slide 8:** Biodiversity – Discussion and questions about how biodiversity can make our communities healthier and happier.
- **Slide 9:** RRR – Discussion and questions about how reducing, reusing and recycling can make our communities healthier and happier.
- **Slide 10:** Literacy – Discussion and questions about how literacy can make our communities healthier and happier.
- **Slide 11:** Climate change – Discussion and questions about how stopping climate change can make our communities healthier and happier.

**Group Work** – Each group (3-4 children) gets 1 topic each to discuss and feedback to the class about things we can do to help in that area.



### Sample Letter

Read and discuss the letter below about Ireland in the future. Orla is 20 and lives in the year 2030. She is the same age as 5th and 6th Class children will be in 2030. After reading the letter, can you accept the challenge and write your own?

Dear 5th–6th Class,

Greetings from the future! My name is Orla and I live in the year 2030.

Let me tell you all about the healthy and happy world I live in! Firstly, there are so many less cars on the road and loads more bicycles. Anybody who does have a car has to plug it in at nighttime to charge it. There is so much less noise and pollution because everyone cycles now and the bus and train services are used a lot more. It's very cheap to charge your car now too and people are saving so much more money!

When it comes to heating our homes that we live in, this is better now too. We have solar panels on my house that keep my family and I warm. This is "clean" energy, which means it can be used again and again, without running out!

Everyone seems happy and healthy too. My friends and I always make sure to visit the old people in our area. They can get lonely sometimes so it's great to be able to make them happy. I'm in college in Dublin now and there are so many people in my class from different parts of the world. My best friend is called Emile and she is from France. Everybody is made to feel very welcome in our college and it's great to see so much diversity and inclusion everywhere.

We are planting more trees and the earth looks way healthier around us. Every Saturday we do a big litter pick up to keep the animals and plants in our area safe and happy. Climate change isn't so much of a worry anymore because everyone is doing their part. In our community, we have loads of recycling bins and bicycle lanes. It's great!

The future is fantastic. I'm so glad I learned how to write a good letter when I was in primary school so I can share all of the great news about the future with you! Letter writing is still a great skill to have – even in 2030.

Before I go, it would be great if you could help spread the word about making the future better by telling other people how they can help make Ireland healthier and happier and writing your letter entry to An Post?

Thank you,  
Orla



an  
post



**Draw your Happier and Healthier Ireland here!**