

Vaida, age 16

FUNDRAISING THIS LENT

- WEE BOX FUNDRAISING IDEAS
- HOLD YOUR OWN FAST DAY FOR SCIAF
- SCHOOLS DONATION RETURN FORM
- SPONSORSHIP FORM
- THANK YOU CERTIFICATE
- UK AID MATCH CONSENT FORM

www.sciaf.org.uk/weebox

Matching your
donations with



YOUR £1 = £2.

YOUR DONATION WILL MAKE TWICE THE DIFFERENCE.

From the 12 February till 11 May, all public donations to our WEE BOX, BIG CHANGE appeal will be doubled by the UK government. Your donations will help SCIAF's life-changing work worldwide, while match funding from the UK government will provide a lifeline to children with disabilities, their families and communities in South Sudan, helping them to build bright futures.

**WEE
BOX**

Big change

£1 = £2

WEE BOX FUNDRAISING IDEAS

Malia, age 6

THANK YOU FOR FUNDRAISING
FOR SCIAF THIS LENT

This year's WEE BOX, BIG CHANGE Lent appeal focuses on a generation of children with disabilities in South Sudan, who are locked out of an education and trapped in a cycle of poverty.

When a crisis comes, be it conflict, famine or even the coronavirus, it's children in the poorest countries who suffer most. And children with disabilities are the most vulnerable of all.

With your school's support, we can help them to access the education and support they need to build a bright future.

Working hand in hand with our local partners and key community members, we'll enable children with disabilities in South Sudan to access the education and support they need to build a healthy future.

Your support will help to adapt six schools so that pupils with disabilities can access mainstream education. Teachers will be trained so they understand the needs of children with disabilities and how to include them in their classes. The children will be supported by the provision of aids, such as wheelchairs, ramps, hearing aids and canes, as well as healthcare, so they can live more independently and actively participate in lessons, sports and other activities with their classmates.



WHAT IS UK AID MATCH?

UK Aid Match is a UK government fund open to UK charities to provide transformative programmes in developing countries to help improve the lives of the world's poorest and most vulnerable people.

This year your WEE BOX donations will make double the difference. From 12 February until 11 May, all donations to our WEE BOX, BIG CHANGE appeal will be doubled by the UK government.

To make sure your WEE BOX donation is matched by the UK government you must return your school's donation by 11 May 2021.

Matching your
donations with



£19

COULD BUY A CHILD'S
SCHOOL UNIFORM
SO THEY CAN ATTEND
SCHOOL



£29

COULD BUY A CANE
FOR CHILDREN WITH
VISUAL IMPAIRMENT



£99

COULD BUY
A BRAILLE KIT
FOR A CHILD



£494

COULD BUY
A WHEELCHAIR FOR
A CHILD WITH
A DISABILITY

Here are some fun fundraising ideas to help your school raise awareness and funds for SCIAF

Tweet your pictures and videos to us @sciaf using #WEEBOX

Vaida, age 16

HOLD YOUR OWN FAST DAY FOR SCIAF DURING LENT

Around the world, we produce more than enough food to feed everyone. But 1 in every 9 people worldwide go hungry every day.

By participating in a Fast Day your pupils can join in solidarity with all those around the world who do not have enough to eat.

Organising a Fast Day is a great way to fundraise for SCIAF. It's a challenge that most people can undertake and is easy to organise. Alternatively, why not have a basic soup lunch and donate what you would have spent on food to SCIAF.

There's more information and sponsorship forms later in this pack to help plan a fast in your school or parish this Lent and don't forget that all donations received before 11 May will be doubled! You can also set up your school's online sponsorship page at www.justgiving.com.

In 2020, St Margaret's Academy's socially distanced S6 team did the 24-hour sponsored fast for SCIAF and raised £1143.17. A fantastic amount, that was doubled as part of UK Aid Match and made twice the difference!



GIVE IT UP!

Ask your class to give up small luxuries like sweets, chocolate or crisps and put the money they would have spent in the WEE BOX. Why not think about the health of our planet and the impact of climate change on the most vulnerable in some of the world's poorest communities. Try "eco-fasting".

- Think about the impact of the food we eat on the environment and eliminate food waste
- Turn down your heating by one degree
- Buying no new clothes – fashion is the world's second biggest cause of pollution. Use this Lent to change the way you shop.

SELL YOUR OWN FACE MASKS

Staff and pupils at St Athanasius Primary raised £380 from making and selling special face masks.



We don't quite know how Lent 2021 will look yet, so please be ready to take the following activity ideas and adapt them to suit your school's situation. You may wish to move certain activities online to Zoom or have less face-face activities following local guidance



SCIAF CAFE

A coffee morning or toast cafe is a simple and fun way to raise funds and get the local community involved. Or why not run a delivery service to staff and offer a take away service for parents?



TALENT SHOW

Pupils can show off their musical, dancing or joke telling talents at a school talent show. Charge a small entry fee to raise funds. Alternatively, you could hold a virtual talent show using Zoom and set up an online giving page using JustGiving.

WEE BOX FUNDRAISING FRIDAY

Choose a theme day for every Friday of Lent. Ask for donations to take part. How about a non-uniform or crazy sock day!



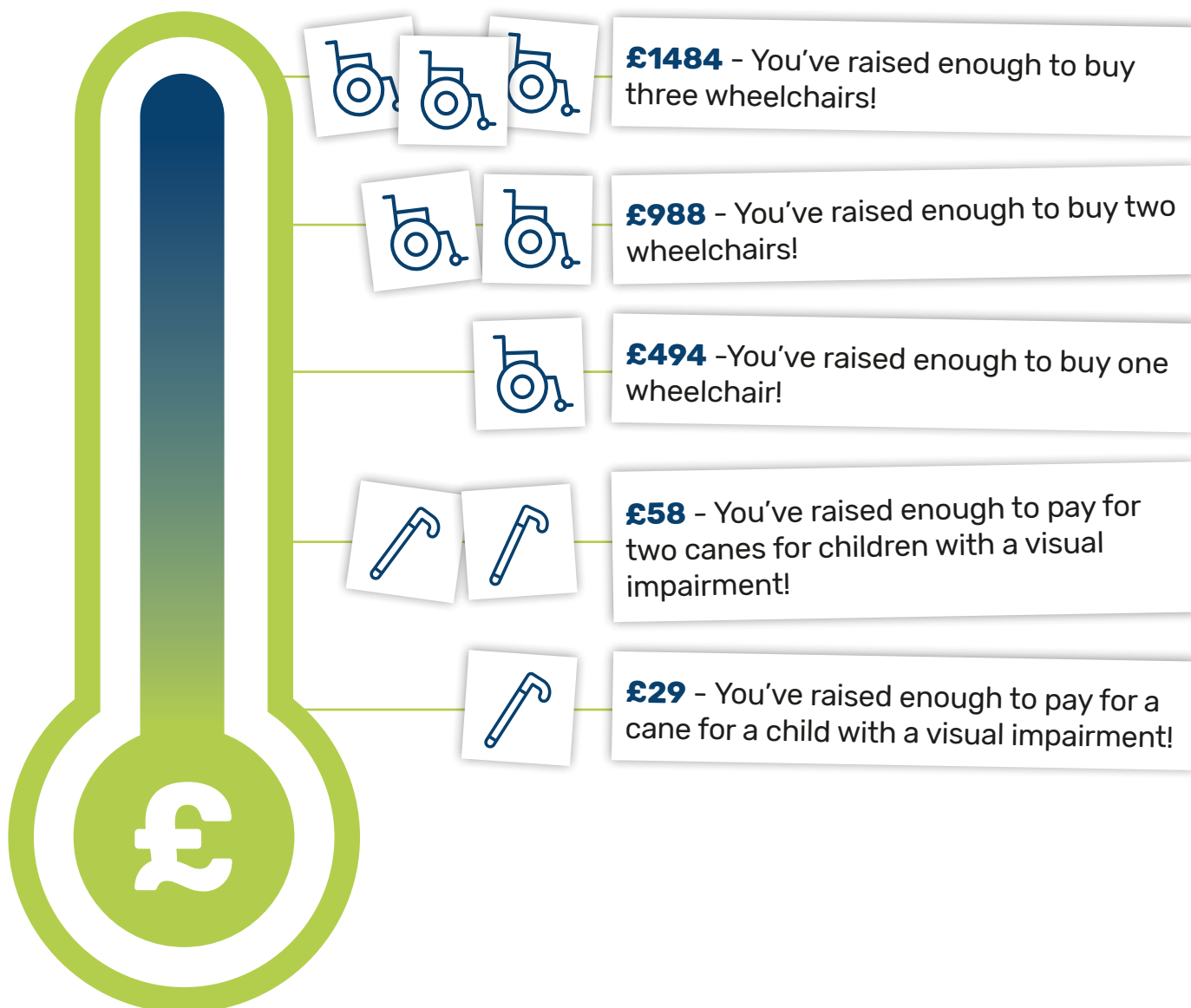
Siema, age 10

Send photos of your Fast Day to getinvolved@sciaf.org.uk or Tweet us @sciaf using #WEEBOX

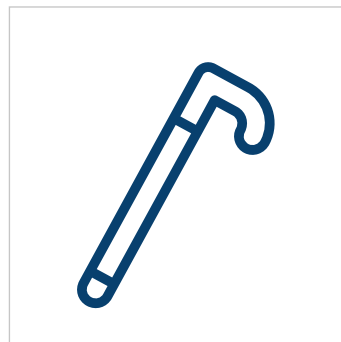
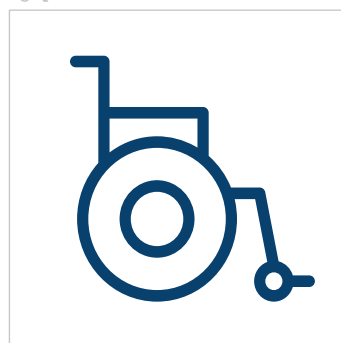
WATCH YOUR FUNDRAISING GROW WITH YOUR VERY OWN TOTALISER!

Instructions:

- Print and cut out the wheelchair and canes
- Add a velcro strip to the side of the totaliser
- Stick a velcro dot on the wheelchairs and canes and stick them to the totaliser.
You can then move them up as your donations grow!









£1484 - You've raised enough to buy three wheelchairs!



£988 - You've raised enough to buy two wheelchairs!



£494 - You've raised enough to buy one wheelchair!



£58 - You've raised enough to pay for two canes for children with a visual impairment!



£29 - You've raised enough to pay for a cane for a child with a visual impairment!



Tweet @sciaf #WEEBOX

St Aidan's High School

Pupils @StAidansHigh raised a whopping £800 that will be doubled by the UK government. Fantastic work! This money will help women affected by sexual violence in the DRC and will support our sisters and brothers living in some of the poorest communities across the globe.



Cardinal Winning Secondary **@cardinalwinnin1**

Non-uniform day for @SCIAF. What a fun way to raise money for our sisters and brothers around the world. Thank you.

St Stephen's Primary **@StStephensPS1**

Thank you for reaching out to those in need. Well done to our St Stephen's PS pupils, families and staff for helping to raise £198.00 for SCIAF.



FUNDRAISING TIPS

- Set a target you'd like your school to raise, it's a great incentive
- Make arrangements for handling the donations and have at least two people counting cash together – or ask your pupils to count it with you
- Remember to send us your donations, before 11 May, using the form on page 11.

EVENTS

- Contact local businesses and organisations to ask for raffle prizes. We can provide a letter of authorisation if you need it
- Ask your class to help put together a budget for the fundraising event. Think about how much you could raise and make a list of costs so you can be sure your event will raise money
- Remind pupils, staff and parents how the money will help those most in need by showing the WEE BOX video. Check current local restrictions if you are organising an event outwith your school.

MEDIA

- Ask your local newspaper if they'd mention your event or send a photographer on the day
- Please mention SCIAF on your school/class Twitter or Facebook page. We'll share and retweet your posts too! @sciaf #WEEBOX
- Write a blog about your experiences fundraising for SCIAF in school and we may be able to feature it on our website, Send it to getinvolved@sciaf.org.uk.

Use the poster on the next page to help promote your fundraising event or use the WEE BOX fundraiser shareable

Vaida, age 16

CHILDREN BORN IN THE WORLD'S POOREST PLACES DESERVE A CHANCE TO LIVE A FULL LIFE

WE'RE SUPPORTING SCIAF THIS LENT

Come along to our event:

When:

Where:

Matching your
donations with



UKaid

YOUR £1 = £2.

YOUR DONATION WILL MAKE TWICE THE DIFFERENCE.

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Scottish Catholic International Aid Fund

SCIAF is the official overseas aid and development charity of the Catholic Church in Scotland and a proud member of the Caritas family. 7 West Nile Street, Glasgow G1 2PR. Tel: 0141 354 5555. Scottish Charity No: SC012302. Company No: SC197327. Photo: Achuothe Deng.

**WEE
BOX**

Big change

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SCHOOL DONATION RETURN FORM

REMEMBER TO SEND US YOUR DONATIONS BEFORE 11 MAY IN ORDER TO HAVE THEM DOUBLED BY THE UK GOVERNMENT.



Pay by bank transfer – deposit into sort code 83-21-08 and account number 16021287, using your postcode as a reference. Please follow this up with an email to finance@sciaf.org.uk and we'll confirm we've received your donation.



Post us a cheque – FREEPOST SCIAF or mail it to SCIAF, 7 West Nile Street, Glasgow, G1 2PR



Yes, I'd like to support SCIAF's WEE BOX, BIG CHANGE appeal

School Name: _____

School Address: _____

_____ School Postcode: _____

School Email: _____ School Telephone: _____

We're giving a donation of £ _____ **.**

☐

by cheque made payable to SCIAF

☐

bank transfer

I declare that the money from the school above was donated by individuals, resident in the UK, to SCIAF's WEE BOX, BIG CHANGE Lenten appeal between the dates of 12th February and 11th May 2021. I am aware that the UK government will double donations made to SCIAF within these dates as part of the UK Aid Match scheme.

Signed: _____ Date: _____

Print name: _____ Position: _____

Please send to: Freepost SCIAF *Thank you*

Matching your donations with



UKaid

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Big change

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Use the certificate on the next page to thank your pupils for their fundraising efforts

THANK YOU

Name:

FOR SUPPORTING SCIAF THIS LENT!

WITH YOUR SUPPORT WE CAN HELP MORE FAMILIES
BUILD BRIGHT FUTURES.



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Tel: 0141 354 5555. Scottish Charity No: SC012302. Company No: SC197327.



Big change





SCHOOLS SPONSORSHIP FORM

Name: _____

School name: _____

Event name: _____

I want to raise: £ _____

My reason for taking part is:

To sponsor me, please write your name, address and sponsorship amount below. **Thank you.**

PUT YOUR TAX TO WORK TO HELP PEOPLE FIND A WAY OUT OF POVERTY!

When you Gift Aid your donation you can make your gift worth 25% more at no cost to you.

By signing up to gift aid you agree that: I want all the donations I've made to SCIAF since 6 April 2016 and all donations in the future to qualify for Gift Aid until I notify you otherwise. I am a UK Income or Capital Gains taxpayer and understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. *SCIAF will reclaim 25p of tax for every £1 you donate.*

Title	Initial	Surname	Home address BLOCK CAPITALS	Postcode	Amount given £	<i>giftaid it</i>	Date
Mr	A	Example	123	EX4 MPLE	£10	✓	03/03/2021

Your details will be used to process the donation and any gift aid as well as allowing us to evaluate our fundraising appeals overall. SCIAF will keep your details secure and never sell them. So that more money can reach some of the world's poorest communities, SCIAF does not send acknowledgement letters to thank individual sponsors.

[illegible]

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TOTAL amount

£

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Matching your donations with



WEE — BOX

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THANK YOU FOR PARTICIPATING IN A FAST DAY FOR SCIAF!

WHY A FAST?

It's part of our Lenten observance to fast, to pray and to give alms. Fasting is a spiritual practice which involves our whole body in prayer. It is a way to join in solidarity with those who do not have enough to eat around the world. In our culture of abundance it is good to fast and remember to be grateful for all our blessings. It's also a great way to challenge yourself and to fundraise for SCIAF, so that together we can change the lives of poor communities around the world.

WHAT TO EXPECT

As you fast, your body will go through different stages and it's important to pay attention to what your body is telling you, and to respond accordingly. For teachers it's important to pay attention to your pupils' energy levels and choose activities most appropriate for their age and stage of the fast. Always encourage pupils to drink fluids during the fast.

**"THE ULTIMATE GOAL OF FASTING
IS TO HELP EACH ONE OF US TO MAKE
A COMPLETE GIFT OF SELF TO GOD."**

– Pope Benedict XVI



GUIDELINES

Anyone over 12 years old, and in good health, can safely go without food for 24 hours. They must drink fluids though. Anyone with a cold, flu, liver or kidney problems, or with a serious illness should not take part in the full fast. Remember that you can adapt the length of the fast depending on the age of participants – 6 hours, 12 hours or 24 hours. If in doubt, ask participants to check with their doctor beforehand. We recommend using the letter provided to obtain permission from parents or carers for the young people to take part.

GUIDELINES TO SHARE WITH ORGANISERS AND PARTICIPANTS

FEELING TIRED?

Sit down and rest for a bit. Have some personal reflection time or pray. Drink some water or diluting juice, which will bring your energy levels back. Steer clear of items that are high in refined sugar (ice lollies, sugary drinks etc.) – they'll only make you feel more tired.

FEELING ENERGETIC?

Great, do an activity to harness that energy – but don't forget to drink plenty of water during and after.

FEELING HUNGRY?

This is bound to happen, but drink some water and the feeling will pass. This is a great time to reflect on how fortunate we are and the one in nine people worldwide who do not have enough to eat every day.

FEELING DISTRACTED?

Towards the end of your fast it's common to have difficulty focusing on tasks. Organise the activities that need more mental energy nearer the beginning of the fast when everyone is more alert.

PERMISSION LETTER



Copy and paste the following letter
onto your school's headed paper
and add your own permission slip.

Dear Parent or Carer,

Our school is organising a 12/24 hour fast in aid of SCIAF on ____ / ____ / ____
starting at ____ am/pm.

Millions of people living in poverty go hungry every day. Many survive on less than £1.50
a day. We're uniting to end poverty.

We will be encouraging pupils and staff to join us in solidarity with our sisters and brothers as
we raise funds for the work of SCIAF: this year we are supporting children living with disabilities
in South Sudan. If your child chooses to join us we would like you to complete the permission
slip and return it so that we have your blessing for them to take part.

Please encourage your child to bring plenty of water and share the importance of not doing
any extreme physical activity while they're fasting.

A sponsor form will be provided and any donations from family and friends
will be appreciated.

Kind regards,



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**Give before 11 May and all public donations
to our WEE BOX BIG CHANGE appeal will be
doubled by the UK government.**

< enclose school permission slip >

ACTIVITIES

There are lots of activities you can take part in to learn about SCIAF and to have fun during your fast!

Look at our videos and download PowerPoint and prayer resources



WEE BOX
appeal video



Prayers to use
during your fast



Stations of the
Cross guide and
PowerPoint



WHY NOT
MAKE YOUR
OWN T-SHIRTS
TO WEAR
DURING YOUR
FAST



**If you'd like more WEE BOXES for your school please
get in touch with us getinvolved@sciaf.org.uk**

PRINTABLE T-SHIRT TEMPLATE

Use this template to print onto t-shirt transfer paper,
or to make a stencil.

I'm fasting

**WEE
—
BOX**

for SC/AF

Matching your
donations with



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EVENTS

Organising an event during your fast is a great way to fundraise and keep busy. Remember to drink water and don't organise anything too physical like a sports day or an obstacle course!



**Organise
a bucket
collection in
your school
or local
shopping
centre.**

Use your creative talents to make and sell crafts



Pupils at St Thomas Aquinas Secondary in Glasgow made and sold beautiful handmade hearts to raise money for SCIAF.

**“WE MUST FAST WITH OUR
WHOLE HEART, THAT IS TO SAY,
WILLINGLY, WHOLEHEARTEDLY,
UNIVERSALLY AND ENTIRELY.”**

– St Francis de Sales

SOLIDARITY MEAL

A communal meal is a great way to mark the end of your fast. After fasting it's best to ease back into eating to give your system time to adjust – savour each bite and take time to be thankful for the food on the table.



GRACE BEFORE THE MEAL

Bless us,
O Lord,
and these your gifts,
which we are about to receive
from your bounty.
Through Christ our Lord,
Amen

FOOD FOR ALL PRAYER

O God, You entrusted to us the fruits of all creation so that we might care for the Earth and be nourished with its bounty.

You sent us your Son to share our very flesh and blood and to teach us your Law of Love. Through His death and resurrection we have been formed into one human family.

Jesus showed great concern for those who had no food – even transforming five loaves and two fish into a banquet that served five thousand.

We come before You, O God, conscious of our faults and failures, but full of hope, to share food with all members in this global family.

Through your wisdom, inspire leaders of government and business, as well as all the world's citizens, to find just and charitable solutions to end hunger by ensuring that all people enjoy the right to food.

Thus we pray, O God, that when we present ourselves for Divine Judgement, we can proclaim ourselves as one human family with food for all.

AMEN



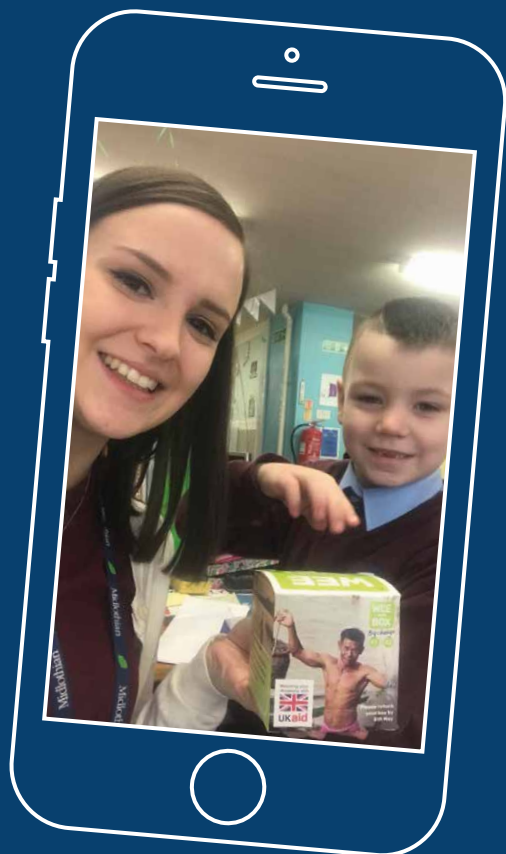
ORGANISE A WEE BOX SELFIE SCAVENGER HUNT

Arrange your class or school into teams and set a time limit.

Challenge each group to take selfies with their WEE BOX and see how many they can get.

Don't forget to send us your pictures!
@SCIAF #WEE BOX

- WEE BOX selfie in front of the school
- WEE BOX selfie with a teacher
- WEE BOX selfie in front of a tree
- WEE BOX selfie with a football
- WEE BOX selfie with a book
- WEE BOX selfie with something green
- WEE BOX selfie with a SCIAF poster
- WEE BOX selfie with your school chaplain or parish priest
- WEE BOX group selfie



SHARE A VIDEO

Record a short video showing, or telling us about your SCIAF fundraising and awareness raising this Lent.

**Tweet us your video @sciaf
or email it to getinvolved@sciaf.org.uk**



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