

Teachers' notes

WEE BOX, BIG CHANGE 2023

Children in
Zambia



**WEE
BOX**

Big change

You can
download all
WEE BOX school
resources
[here.](#)

Welcome to this year's **WEE BOX, BIG CHANGE** Lenten resource

We have provided these notes, as well as Primary and Secondary classroom activities, to help you share the appeal with your class.

These notes will give you the real-life perspective of communities in Zambia who are experiencing devastating hunger – just some of the 811 million people worldwide facing hunger every day. We know that there is enough food produced in the world to feed everyone and that global hunger is unfair.

It cannot be this way. We must not forsake them. We must act now.

“You pray for the hungry. Then you feed them. That's how prayer works. If in so many parts of the world there are children who have nothing to eat, that's not news, it seems normal. It cannot be this way!”

– Pope Francis

Hunger and food insecurity can be sensitive topics, and some of your pupils may have experienced times when they didn't have the food they needed themselves. Use your discretion with the activities and adapt to your class as appropriate.

Thank you to the whole school community for your support of SCIAF, especially in these most difficult times. By learning about SCIAF we hope that your school will choose to fundraise for this year's appeal. This Lent use your WEE BOX to make a big change.

Together, we can reach out in love and act against hunger.

We hope you have a blessed Lenten season.



Elaine McGinlay and Mark Booker
Development Education Team

If you have any comments or questions about these resources, please get in touch with the Development Education Team
schools@sciaf.org.uk

Global hunger crisis

Use these notes for your own learning on the global hunger crisis and share what is appropriate with your class.



What does it mean to be hungry?

People who are chronically hungry are undernourished. They don't eat enough to get the energy they need to lead active lives. Hunger makes it hard to study, work and play. When families grow their own food and they don't eat enough, they're too tired to work in the fields. There's nothing to eat, nothing to sell at market, and no income. 811 million people are facing chronic hunger around the world. Chronic hunger is different from a famine, where there is an extreme widespread scarcity of food – however, 45 million people worldwide are also facing famine.

Why are people still hungry?

You may be asked this question by your class as you explore the WEE BOX materials. It's a valid question as there is enough food available to feed the entire global population – in fact, food has never been so abundant. But the reasons why people are still hungry can be complex and often misunderstood.

Here are some simple reasons to share with your class:

1. Seeds, tools and training

Millions of families around the world eat only the food they grow themselves. They often live in remote rural areas and don't have access to the seeds, tools and training they need.

2. Poverty

Many of the world's poorest people can't afford to buy enough food to get the energy they need. As a result, their diets tend to be high in foods such as rice, maize and bread, with limited fresh fruits and vegetables, leading to undernourishment. Hunger makes it hard to work and leads to health problems, making it even more difficult to find and keep work.

3. Gender inequality

60% of those suffering from chronic hunger around the world are women and girls. Even though women and girls often take the role of growing and preparing food – and collecting water and firewood – they are often denied their rights to their own land and excluded from decision making. Many girls are taken out of school at a young age and so lack basic literacy skills. This makes it impossible to find work that pays enough to afford the food they need.

4. Climate change

Many of the the world's poorest people also live on the front line of the Climate Emergency. Increasingly frequent and intense droughts, dry spells, flash floods and extreme temperature changes means that communities who survive by farming are facing more challenges than ever before, including chronic hunger.

Zambia

Mattias,
Zambia

This year's WEE BOX, BIG CHANGE appeal focuses on SCIAF's work in Zambia.

Zambia is a beautiful country, home to one of the seven natural wonders of the world – Victoria Falls waterfall. Zambian authors have exploded on the literary scene in recent years, winning prestigious awards for poetry and fiction, and appearing on the New York Times Bestsellers list. Zambia is also home to several award-winning filmmakers, photographers, activists and prominent scholars. It is a vibrant country with one of the world's fastest growing populations. However, recent economic growth has failed to improve the lives of most Zambians, with more than half the population living below the poverty line – surviving on less than £1.90 a day.



Zambia fact file

Use these facts with your class and then check out the WEE BOX Kahoot quizzes to learn more facts and test their knowledge.

Primary Kahoot Quiz

Secondary Kahoot Quiz



Geography

- **Zambia** is a landlocked country in **southern Africa**
- **Size:** 752,000 square kilometres (9.5 times the size of Scotland)
- **Population:** 20 million (4 times as many people as Scotland)
- **Capital:** Lusaka. Population: 3.5 million (over seven times the population of Edinburgh)
- **Weather:** Tropical with two main seasons – the rainy season and the dry season. Most of the year it is as warm as Scotland is in the height of summer
- **Nature:** Lake Tanganyika is the second largest freshwater lake in the world (463 times larger than Loch Lomond)
- **Animals:** Hippos, Crocodiles, Elephants, Lions, Leopards, Rhinos, and Giraffes

Culture

- **Sport:** Two National football teams. The Women's team rank 80th in FIFA's world ranking and the Men's team rank 87th. The Men's team won the African Cup of Nations in 2012
- **Religion:** 20% Catholic (16% of population in Scotland is Catholic)

Poverty and Hunger

- Millions of Zambians are suffering from devastating hunger
- Most families who live in rural areas (which is about 60% of the population) survive by farming, growing all the food they eat themselves
- Only one in three people have access to safe, drinking water
- More than half the population don't have proper toilet facilities

SCIAF in Zambia

We're working with our partners Caritas Kabwe supporting families to grow more food, access clean water and earn more money, while at the same time heightening the status of women in the community.

Acting against hunger



Helping families with seeds, tools and training to start small vegetable gardens at home.



Helping families with livestock such as pigs and goats with the help of local vets, families learn about animal nutrition to provide a high level of care and the animals produce a free natural fertiliser.



Providing business training so that communities can come together to process and sell products like peanut butter at market, earning more money for everyone.



Setting up community literacy classes for women and mixed groups to tackle gender inequality. This means that girls can focus on their education; mothers can take charge of their futures; and grandmothers can create a legacy for the next generation.



Helping to set up savings and loans groups so that families can save for an uncertain future.

We work as part of the global Church with our partners in Zambia. Both SCIAF and Caritas Kabwe are part of the Catholic Church's global network of international relief and development charities, known as Caritas Internationalis. We value working in partnership to achieve our shared mission to help build a just and green world.

When we begin work with our partners, we co-create our plan with local experts and the communities that will be involved too. This ensures that people remain at the heart of our work, and that families and communities have control over their own futures. Our shared values with Caritas Kabwe, derived from Scripture, Church Teaching and Catholic Social Teaching, help us to live out Christ's teaching to love your neighbour and walk in solidarity with the poor and oppressed.

“What people need are skills and training – the knowledge to save themselves. We use donations to train; to give people skills.”

– Rose Waswa



In Zambia, hunger is killing all hope

Ruth appears on your WEE BOX this year; she is married to her husband Aggrey. Extreme weather events such as floods, droughts and storms – which are being made worse by climate change – have made it almost impossible for them to grow enough food and to earn a living. The couple have six children.



Ruth and Aggrey,
Zambia



Neighbours playing
football, Zambia

“It pained me as a mother to see my children go hungry. We only ate once per day.” – Ruth

However, thanks to the support of SCIAF’s local partner, Caritas Kabwe, Ruth and Aggrey’s lives have started to turn around. They can now see a brighter future for themselves, and their children.

Together, the couple can now grow soybeans and sunflowers, maize, tomatoes, kale and cabbage. They make their own oil from the sunflower seeds, some of which they use, and some of which they sell to earn extra money.

Aggrey leads a community group where local families are working together to process peanuts into peanut butter to sell. They are also creating green charcoal as a more sustainable form of fuel.

Ruth received literacy training. She feels that this learning – provided by SCIAF’s partner, Caritas Kabwe – has empowered her as a woman. Ruth told us how things in her life have changed for the better.

“Before, we couldn’t take the children to school, but now we can. Before the project, I worried my children would starve – they only ate one meal a day but now they can have three.” – Ruth

For our poorest sisters and brothers, hunger is the start, but it doesn’t have to be the end.

Let’s continue to reach out in love and help thousands more like Ruth, Aggrey and their children.

This Lent use your WEE BOX to make a BIG CHANGE.



Don’t forget to download the Primary and Secondary classroom activities including a WEE BOX PowerPoint to use with your class.

Lenten resources

Find all the Lenten resources for the WEE BOX, BIG CHANGE appeal here sciaf.org.uk/resources including:

Classroom activities

Find out more about the global hunger crisis and how this impacts our sisters and brothers in Zambia. Learn about how SCIAF are empowering families – helping people to grow their own food, start small businesses and earn money. You'll find lots of information, classroom activities connected to TIOF, and links to Kahoot quizzes!

Prayer

Prayer is so important and at the core of our worship – so we're providing lots of opportunities for you to include prayer in your lessons this Lent. A number of resources, including the Stations of the Cross, prayers from our partners in Zambia, and video reflections can be used to create a prayer service for the WEE BOX Day of Prayer on 17th March.

WEE BOX videos and PowerPoint

On our website, you'll find a WEE BOX presentation with accompanying notes to lead an assembly. And on SCIAF's YouTube channel, lots of videos to support our WEE BOX appeal in 2023.



Would you like a SCIAF speaker?

While we're providing all the resources you need to run your own quizzes, classroom activities, assemblies, and prayer, we recognise that sometimes a different voice or face can make all the difference! Please get in touch to book assembly inputs, a 'Day in the Life' class workshop or a 'Thank you' cheque presentation. We'd love to come and visit you!

Getinvolved@sciaf.org.uk
0141 354 5555



WEE BOX Digital Assembly

Join us online on the 24th February as we stream our national WEE BOX Assembly on **SCIAF's YouTube channel**. Hosted by – and including pupils – from around Scotland, we will learn and pray together in solidarity.

**9:30am start
for Primary**

**10:00am start
for Secondary**



WEE BOX Day of Prayer – 17th March

It would be amazing to have all Catholic schools in Scotland praying together on our WEE BOX Day of Prayer. You can create a prayer service from the resources provided – and we recommend dedicating 20 minutes to pray on this special day. What a show of faith and solidarity it will be!

“You pray for the hungry. Then you feed them. That’s how prayer works.”

- Pope Francis



Aggrey and Anita,
Zambia

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Big change

Scottish Catholic International Aid Fund

SCIAF is the official relief and development agency 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. Photos by Colin Hattersley and James Cave (SCIAF).