



**Will your school  
fast for just one  
day and help  
save children  
like Adham?**

**Open up for 3 simple steps to a successful Fast**

# 1

## GET IN TOUCH

**As Concern's Fast Coordinator, I can provide you with advice, support and fundraising resources, every step of the way.**

Before you get started, I'm happy to come to your school and talk to your students about why Fast matters, how they can raise vital funds and play their part in supporting Syrian children in Lebanon.

I can also provide you with a pack of helpful resources, including lesson plans, sponsorship forms, posters and stickers to help you spread the word.



Photo: Noeleen at Knockavilla NS, Co. Tipperary, 2019.

**I'm Noeleen Doyle, and I'd be delighted to speak to your students and inspire them to take part – book your visit today!**

**Any questions? Feel free to call me on 01 479 1320.**

# 2

## SPARK THEIR INTEREST

**In the run-up to Fast, motivate your students with relevant, educational and thought-provoking activities in the classroom.**

Explore the Fast in CSPE, Politics and Society or in social justice clubs. Participation in the Fast encourages exploration of the sustainable development goals in a real-life context.

Encourage students to get involved and take the lead with Fast and they'll learn invaluable leadership and organisation skills.



**Don't forget to order your resources pack today to get your students excited and deepen their understanding of important global issues.**

**Need more inspiration? Get in touch today!**

# 3

## FAST YOUR WAY

**It's just one day of sacrifice. Think of all the lives your students are helping to save.**

Promote fasting as a whole school or year group activity to build solidarity among your students. Maybe give them a little reward at the end of the day, like doing no homework!

Remember, fasting isn't right for everyone. Your students could join our Flexi-Fast instead. Here are some fun suggestions to inspire you.



### FLEXI-FAST



**If some students would prefer not to go without food, they could:**

- Spend the day without their mobiles and take a 24-hour break from technology
- Have your school ditch single-use plastic for a day
- Give up all drinks except water!

**Will your students fast and save lives this year?**



# Win the trip of a lifetime...

**Schools that raise €2,000 or more will be entered into an exciting prize draw to see Concern's work in action!\***

Two students and a teacher from your school could be jetting off, just like previous winner Sarah Marnane from St Anne's School, Tipperary, who spent an amazing few days at MM Chandaria school in Kenya.

In the past, trips like these have inspired students to pursue careers in development, champion human rights and forge ongoing relationships between their schools and other communities, so they really can be life-changing for the lucky winners!



Photo: Francis Mwangi, Kenya, 2018.

**Sarah Marnane from St Anne's School, Tipperary, chats to students from MM Chandaria school.**

**"I thoroughly enjoyed the trip. I met so many amazing people and made so many new friends. It really was a life-changing experience and I would highly recommend anyone thinking of getting involved in next year's Fast to do so."**

Sarah Marnane, from St Anne's School, Tipperary



\*Terms and Conditions apply. Fundraising money must be returned by close of business 20 December for entry into the prize draw.

# Your school's Fast could make a life-saving difference...

All the money raised by Concern Fast 2019 will go straight to support our work with Syrian refugees in Lebanon, helping to keep families safer and warmer this winter.



Photo: Gavin Douglas, Lebanon, 2019.

Wafdeh (20) and her daughter Rajaa (2 months) received blankets from Concern.



Photo: Gavin Douglas, Lebanon, 2019.

With this new tarpaulin, Nehal's family can repair their home and stay warm and dry.



Photo: Mary Turner/Pano Pictures, Lebanon, 2018.

Gozal (11) holds her little sister Alya (5), in the home that Concern are helping to make safer.

## €400

could help provide **Warm Night Kits** for 20 families, containing mattresses and blankets.

## €600

could help provide **Shelter Repair Kits** for six families, including tarpaulin, timber and a door.

## €1,200

could help provide **New Arrival Kits** for three families, including shelters, sheets, tools, mattresses, blankets and hygiene kits.

## Families urgently need support. Will you help them?

Anything you raise will go to support our work in Lebanon. But, if we exceed the target the remaining funds will go to support programmes in the Middle East Region and then wherever the need is greatest. Place of registration Dublin, Ireland. Registered Company Number: 39647, Registered Revenue Number: CHY 5745, Registered Charity Number: 20009090.