



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 Junior and Senior Infants 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

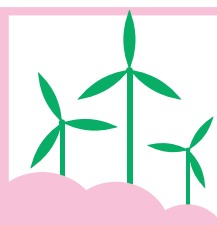
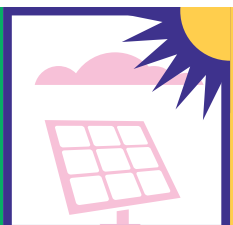
Read the Sample Letter from the year 2030. Have your pupils choose their favourite ways to make Ireland happier and healthier for the future and write us a letter on what they are. They can add a picture to their letter so we can see what their Happier and Healthier Ireland 2030 looks like!

### 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
- Sample Letter
- Writing Template



### Introduction

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

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

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

### Presentation

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

- **Slides 2:** Transport - Discussion and questions about how transport can make our communities healthier and happier.
- **Slide 3:** Energy - Discussion and questions about how energy can make our communities healthier and happier.
- **Slide 4:** Inclusion - Discussion and questions about how including others can make our communities healthier and happier.
- **Slide 5:** Biodiversity - Discussion and questions about how biodiversity can make our communities healthier and happier.





### Sample Letter

Read and discuss the letter below about Ireland in the future. Paul is 12 and lives in the year 2030. He is the same age as Junior and Senior Infants children will be in 2030.

Dear Junior–Senior Infants,

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

Do you know how many years away that is? That's right – it's 7 years away. Hopefully you will be my age by then.

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.

Everyone seems happy and healthy too. My friends and I always make sure to include everyone in our games at break time and 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.

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.

The future is fantastic! Before I go, can you help me by drawing your favourite things in the future and tell other people how they can help make Ireland healthier and happier?

Thank you and see you soon.

Paul



Dear

My favourite part about A Happier and Healthier Ireland:

Handwriting practice lines for the main body of the letter, consisting of multiple sets of three horizontal lines (top, middle, bottom) with a dotted line in the middle.

Sincerely,

Handwriting practice lines for the signature, consisting of three horizontal lines (top, middle, bottom) with a dotted line in the middle.

- I wrote using my best handwriting and used spaces.
- I used capital letters at the beginning of each sentence.
- I used a punctuation mark at the end of each sentence.
- I tried my best when spelling my words.
- I did my very best!

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