

## Dear Teacher,

An Post are proud to promote literacy through fun reading and writing competitions. This year, our competition will focus on a subject important to us all - the future of Ireland. It's called **"A Happier and Healthier Ireland 2030"**. With a spotlight on sustainability and how we can all play our part in making positive change for the future, we are asking pupils to write their favourite ways to make Ireland happier and healthier in a letter and send it to us!

A Happier and Healthier Ireland 2030 can be adapted to suit pupils of all levels and age groups, from Junior Infants up to 6th class. To support you, we have developed a series of lesson plans for each age group. All entrant schools will receive certificates, with exciting prizes to be won for the winning pupils, teachers and schools in each category!

### Winners Prizes:

**5x Gold:** €100 voucher for themselves  
€250 voucher for their school

**5x Silver:** €50 for themselves  
€200 for their school

### 1x National Overall Winner:

The opportunity to have their Happier and Healthier Ireland 2030 featured on an An Post postcard, available in post offices around the country!  
€500 for their school  
€250 for themselves  
The National An Post Writing Competition Trophy

Our super classroom resources are packed with fun facts and activities developed in consultation with teachers. This year we've developed even more activities, classroom slides and lesson plans to use with your students in class!

### It's easy to get involved!

1. Download the lesson plans, classroom slides and templates from [www.anpost.com/writingcompetition](http://www.anpost.com/writingcompetition)
2. Ask pupils to use their best letter-writing skills and handwriting to compose their entry.

Tá fáilte roimh iarratais trí Ghaeilge. Should students wish to complete their entry in Irish, please visit [www.anpost.com/writingcompetition](http://www.anpost.com/writingcompetition) to access these resources.

**The deadline for entries is Friday, 24th March 2023**

