



Dear Teacher,

Do you believe that we have the power to grow a brighter future? Something fresher, more vibrant, a happier world? At An Post, we recognise everyone can help make better things happen in our communities and beyond.

Picture a future where our small actions are like seeds that help make better happen in our community. This year, we challenge you to share positive actions that can improve Irish communities for the future. It's not just about words on paper; it's about the tangible steps we can take to make a difference.

Whether it's fostering inclusivity for the elderly and vulnerable within our community, championing the principles of reduce, reuse, and recycle, setting up community spaces like gardens and libraries or starting clubs for sports or hobbies, your ideas for real-life, positive change are what we seek. We want to hear about initiatives, big or small, that can contribute to protecting and bettering our communities.

So, join us on this endeavour to contribute to the growth, wellbeing, and sustainability of our beloved Ireland. Let's sow the seeds for a future we can actively shape and be proud of!



An Post Writing Competition

To participate in the An Post "Making better happen for our community" Writing Competition, complete the following steps. The following pages will help your pupils create their individual entries!

Step 1: Explore how we can take action to build inclusive, caring and sustainable communities

Use the Teacher's Guide on the following pages to explore key questions related to positive community impact.

Step 2: Writing Prompt

Ask your pupils to use Template 1 to write a card or Template 2 to draw a picture card thanking someone in their community for making things better.

Step 3: Check your Work

Pupils should be encouraged to check 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 Writing Competition
PO Box 13287
Freepost FDN7461
Dublin 1
- The deadline for entry submission is
20th March 2026.



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 card writing in your class.

1. Introduction

Show the slides to the pupils and ask prompting questions. The pupils can engage in think-pair-share and may need some prompting in places.

- What does 'community' mean?
- What communities are you a part of? (Think about your town, your clubs, places you like to visit)
- What do you like about your communities?
- How do you make things better in your community?
- Who helps to look after your community?
- How does it make you feel to be part of a community?
- Why is it important to be in a community?
- How are the people in these images making things better in their community?

Remind pupils it is important to build community around us, like the post worker is doing when he delivers letters.

• Explain some of the key vocabulary to the pupils.

- **Care:** "offering kindness, attention, and responsibility to nurture the well-being, safety, and happiness of others or things in need."
- **Nurture:** "giving love, care, and attention to help things, people or communities grow and be happy".
- **Community:** "a group of people living in a particular area or who have common interests such as the sport they play".
- **Sustainable:** "taking care of planet Earth so it stays healthy for a long, long time".
- **Reduce, Reuse, Recycle:** "ways to be kinder to planet Earth and to make less waste".
- **Biodiversity:** "the different plants and animals living in nature".

- **Diversity (Being the same, and different):**

"having friends who are different in cool ways".

- **Inclusion (Including others):** "making sure everyone has a chance to join in and play together".

- **Discuss** (as a whole class, in groups or pairs) the pictures that the pupils see on the slides that follow. Encourage discussion on the images, use them as a stimulus and to gauge pupils' understanding of the topics. Elicit and question as necessary to help deepen their understanding and appreciation of the importance of nurturing inclusive and caring communities.

- **Role Play Local Helpers:** Split class into small groups and assign each group a role as a community helper (e.g., post worker, doctor, firefighter). Groups perform a short role-play about how they care for the community while the rest of the class guesses who they are and how they help.

2. Reading and Writing

- Read the sample letter to the pupils. If possible, display it to them.
- Ask pupils to write a card to thank someone in their community for helping to care for it.
- Ask pupils to use one of the templates provided.

3. Entry Submission

- Write the final version of the card in the template provided. A copy could be made of the card and retained for the pupils to display in an area in the classroom or shared with parents.
- Complete the entry form and send entries to the address on page 1 of this document.





Making
better happen

Junior & Senior Infants

Making better happen for our community



Sample Card - Template 1

Ask pupils to think and talk about someone in their community whom they would like to thank for making things better in their community. For example, a post worker, a school traffic warden, a rubbish/waste collector, a dentist, a firefighter, or others.

Ask pupils to write a card thanking this person in Template 1.

Dear

Thank you for

From





Making
better happen

Junior & Senior Infants

Making better happen for our community



Sample Card - Template 2

Ask pupils to think and talk about someone in their community whom they would like to thank for making things better in their community. For example, a post worker, a school traffic warden, a rubbish/waste collector, a dentist, a firefighter, or others.

Ask pupils to draw a picture card thanking this person in Template 2.

