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Deputy First Minister**

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Teachers' Guide to The Super Six

A publication from the Children
and Young People's Unit

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HERBIE HEALTHY - Colour me in

SOPHIE SAFE - Colour me in

ARCHIE ACHIEVER - Colour me in

EMER, THE ECO GIRL - Colour me in

DONNA DOES-A-LOT - Colour me in

RORY RIGHTS - Colour me in

Introduction

A ten year strategy for all children and young people living in Northern Ireland was published in June 2006.

Copies of the strategy and the action plan(mentioned below) are available at: www.allchildrenni.gov.uk or from the Children and Young People's Unit , Block 5, Knockview Buildings, Stormont Estate, Belfast, BT4 3SL. Tel: 02890 527045.

The aim of the strategy is to, over a ten year period, improve the lives of children and young people and to help close the gap between those who do best in life and those who do not.

It is written as a series of pledges with supporting information in relation to outcomes and performance indicators. The first children and young people's action plan, which sets out how we intend to deliver on our strategic aims by identifying concrete and time-bound actions, was published on 20 March 2007. Each action will be linked to one or more of the outcomes on which the strategy will seek to deliver. The six outcomes are detailed overleaf.

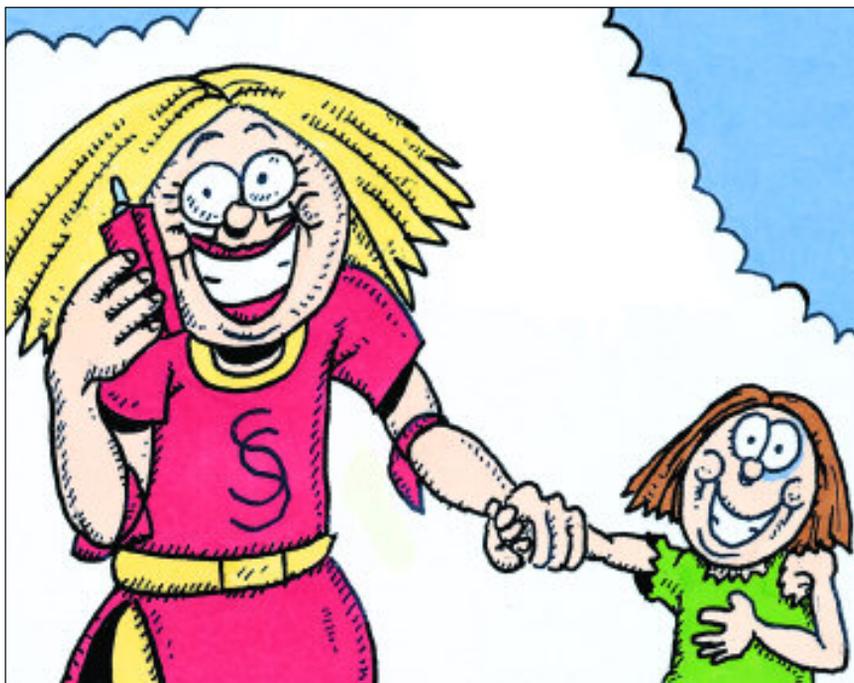


The Six Outcomes

- **Healthy;**
- **Enjoying, learning and achieving;**
- **Living in safety and with stability;**
- **Experiencing economic and environmental well-being;**
- **Contributing positively to community and society; and**
- **Living in a society which respects their rights.**

A number of implementation structures will be established to oversee implementation of the strategy over the next ten years. These include:

- **A Strategic Planning and Review Group;**
- **An Inter Departmental Group on children;**
- **A Practitioners' Group;**
- **A Research and Information Group;**
- **A Parent's Advisory Group (established March 2007)**

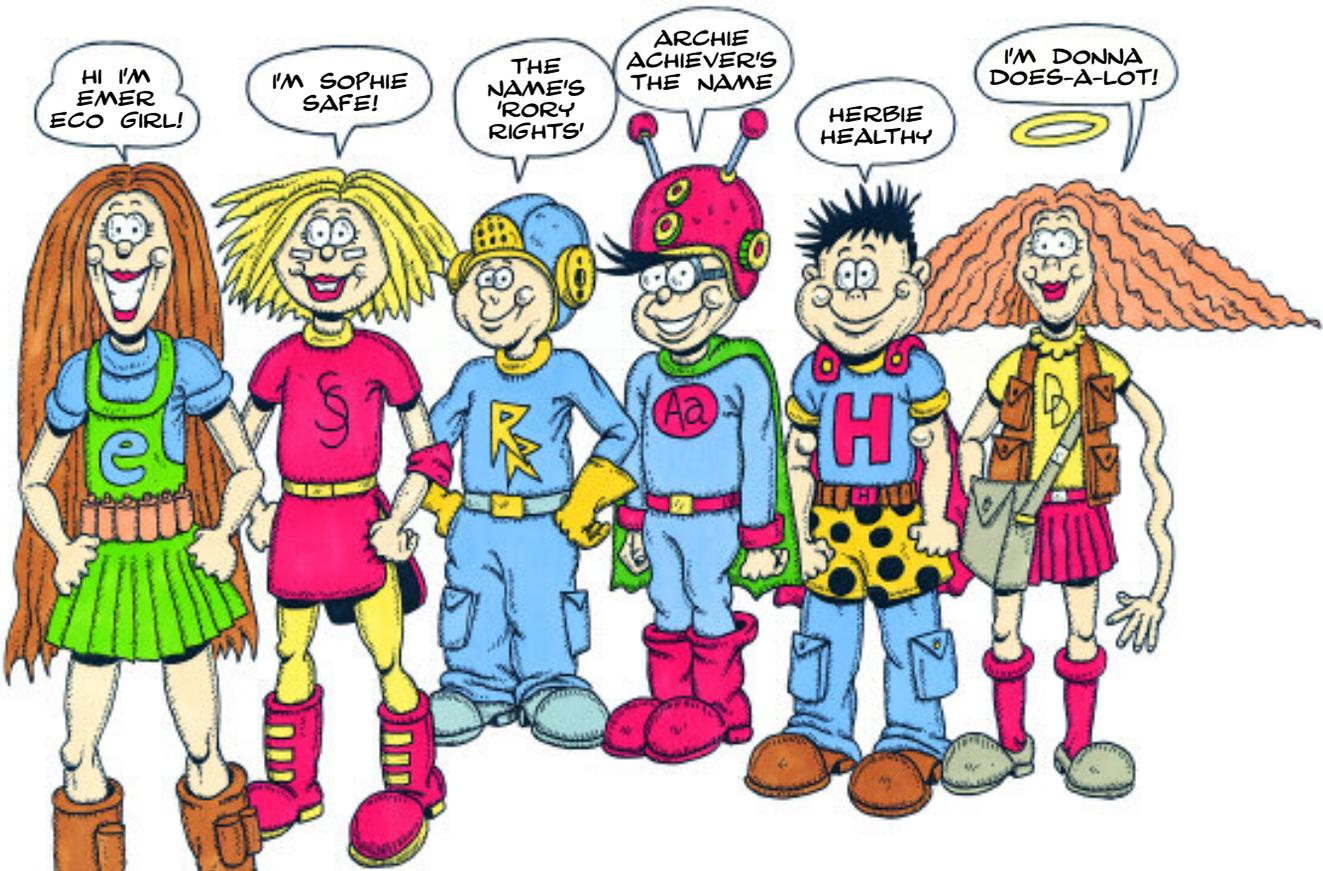


Super Six Characters

To help translate the strategy for younger readers, we have enlisted the help of the super-hero team, 'the Super Six.' Every primary school child in Northern Ireland will receive their own copy of the Super Six comic and a larger version will be sent to every primary school teacher.

Each character relates to an outcome in the ten-year strategy:

Herbie Healthy	Healthy
Sophie Safe	Living in safety and with stability
Archie Achiever	Enjoying, learning and achieving
Emer, the Eco girl	Experiencing economic and environmental well-being
Donna Does-a-lot	Contributing positively to community and society
Rory Rights	Living in a society which respects their rights

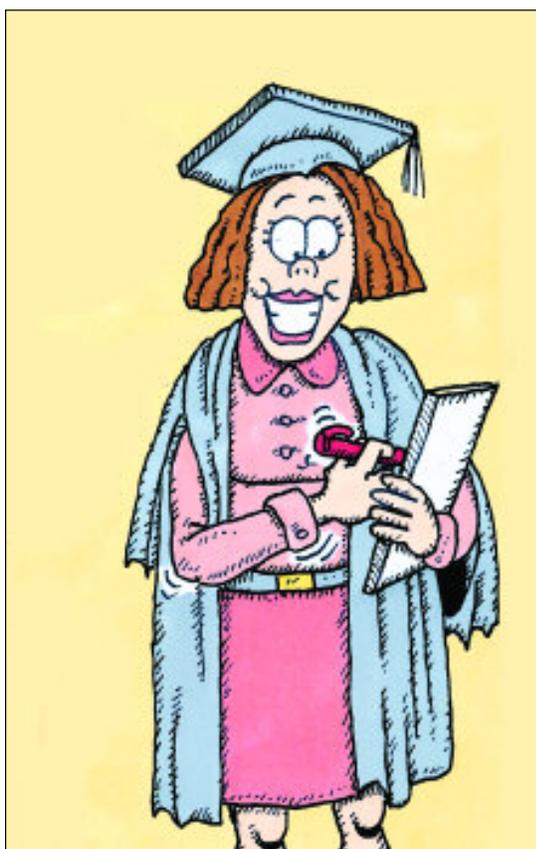


How to use this guide

This guide is intended to help you as the teacher, translate the concept and some of the detail of the ten year strategy into child-friendly language. In the comic, each Super Six character highlights key messages and information through humorous and eye-catching scenes. In this guide, following a brief description of each character, we give some ideas for activities which you can carry out with your pupils. Not every idea will be appropriate for every group of children – these are intended as starting point ideas and you are free to tailor them as you see fit.

We give a black and white image of each character which you are free to photocopy and give to the children for colouring.

Additionally, the comic ends with a puzzle page which you will find useful for testing understanding and which the children will enjoy completing.



Guidance to teachers - possible current curriculum links making use of the resources in the classroom



With the implementation of the Revised Curriculum in September 2007, the issues in the comic will be useful for teachers to use to focus on the curriculum strands of Personal Development and Mutual Understanding, as well as Thinking Skills and Personal Capabilities.



Ideas for activities

An introduction to the Super Six

Six super-hero type characters have been created in order to translate the strategy for younger children. It is important that they are seen as a team, or super-squad, who can work together to make life better for all children in Northern Ireland. The facilitator can point up the characteristics of each of the Super Six and in so doing show how they are linked to outcomes. Although they overlap in the areas they address, each has a specific outcome focus.

Let's introduce them one by one:

HERBIE HEALTHY

Herbie is fit, always on the go, and encourages children to eat well and take regular exercise. He helps children get necessary health checks and campaigns against TV adverts for junk food. Herbie pledges to combat the use of alcohol, cigarettes and drugs, anything that can damage the health of our children. He helps beat the bullies and works with families to make our whole society healthier.

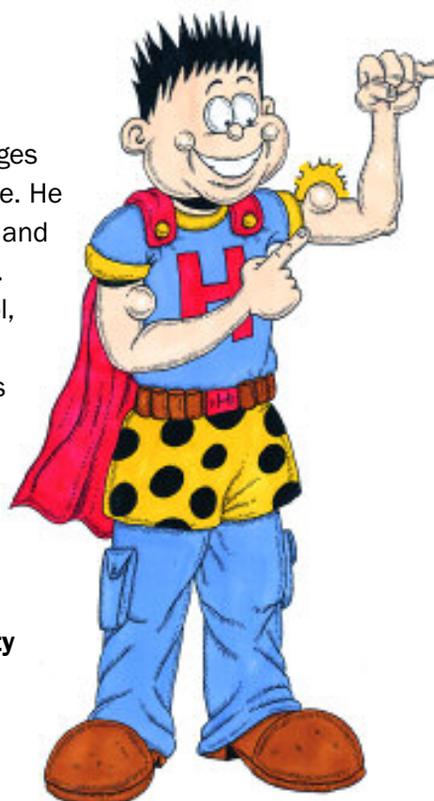


Ideas for Activities:

1. Healthy/unhealthy foods – See Fun Activity Sheet 1

Herbie is trying to decide which healthy foods he should choose for lunch – ask children to pick three from this list which are healthy and three which are unhealthy.

- Apple • Packet of crisps • Banana • Chocolate bar • Burger
- Chicken sandwich • Pasta • Chips • Yoghurt



Ideas for activities

2. Healthy eating rhyme

Five pieces of fruit in the fruit bowl, yum!
Pineapple, pawpaw, peach, pear, plum.
Yummy, yummy in my tummy, I ate one.

Four pieces of fruit in the fruit bowl, yum!
Pawpaw, peach, pear and plum.
Yummy, yummy in my tummy, I ate one.

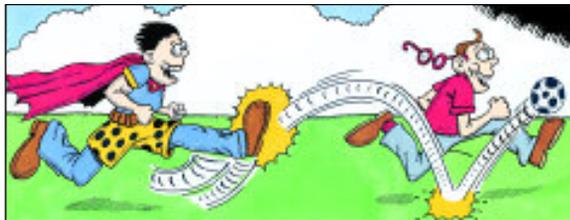
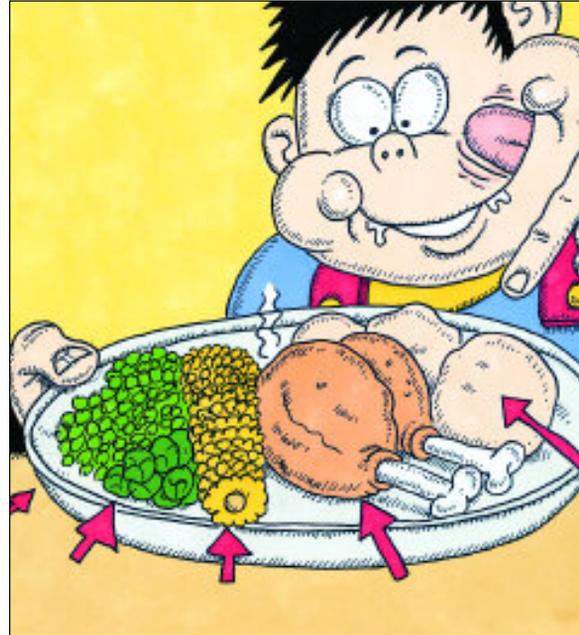
Three pieces of fruit in the fruit bowl, yum!
Peach, pear and a juicy plum.
Yummy, yummy in my tummy, I ate one.

Two pieces of fruit in the fruit bowl, yum!
Pear and a lovely juicy plum.
Yummy, yummy in my tummy, I ate one.

One piece of fruit in the fruit bowl, yum!
A lovely great big juicy plum
Yummy, yummy in my tummy, I ate one.

No more fruit in the fruit bowl, none!
I LOVE fruit, more please Mum!

(Children can join in this rhyme and of course can maybe make up their own rhyme)



3. Exercise

Ask children to underline which one of these activities would make children fitter and healthier

Watching TV/riding a bike
Playing football/ Playing with a play station
Riding horses/going to the pictures
Watching DVDs/skipping

Ask them to write a list of some more activities which would make children fitter and healthier

Ideas for activities

SOPHIE SAFE

Sophie helps all children live in safety and with stability. She is small but determined, proving you don't have to be big to stand up against anyone who hurts or neglects children. Sophie faces up to bullies and racists and she is up to date with new technology and knows all about texting and internet safety. Part of her mission is to make sure children keep safe on the roads, in cars and on bikes, quads, scooters or skateboards. She points out dangers for children at play in town and in the country and works with all adults who are there to care for them.

Sophie tries to make sure that children who are fostered or in care have more stable placements and helps support all children who have to undergo major changes in their lives, such as children whose parents separate.



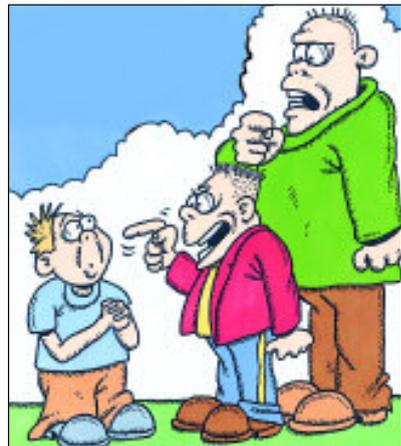
Ideas for activities:

Bullying

1. Ask your class to write their own anti-bully rap, giving them a starting verse e.g.

*We don't like bullies
They're nasty and mean
I won't keep quiet
I'll shout and scream*

2. Split the class up into groups of four. Ask them to create a story about bullying, thinking about WHERE the story would take place, WHO the characters might be and WHAT the problem is (note: draw out six boxes on a page with CHARACTER, SETTING and PROBLEM along top three and BEGINNING, MIDDLE and END on the bottom three).



Younger children can draw out the story while older ones make notes and then report back to the class telling their story – each of the four can then write their own version of it.

Ideas for activities

Internet and mobile phone safety

1. Spend some time exploring <http://www.thinkuknow.co.uk/> This is an excellent site covering all aspects of mobile and internet safety.
2. Some useful website addresses:
Childline: www.childline.org.uk
Commissioner for Children and Young People for Northern Ireland: www.niccy.org
3. Talk through some “What would you do if...” scenarios

Safe places to play – See Fun Activity Sheet 2

1. Ask children to talk about safe/unsafe play spaces in their own local area.

Use the following as triggers – which of these is **not** a good place to play?

- Play park • Motorway bridge • Street • Leisure centre
- Railway line • Electricity pylon • Derelict houses • Hay shed
- Football pitch • Community centre • School playground • Farm yard

Road safety

1. Do a survey of the class to see how many people wear helmets when they go out on bikes or use seat belts. *Always/sometimes/never?*
2. Ask them to design a poster to encourage others to always wear helmets/use seat belts.

Eg: which of the following would you set on the back seat of a car?

- A china ornament • A box of glasses
 - A child
3. To school and back – do a survey to see how many travel to school by foot, by car, by bike, by bus – ask them to come up with some of the dangers they might meet along the way, eg:
 - No crossing patrol • Overcrowded buses, standing room only • Traffic in cycle lanes
 4. Name five things which would make the streets safer for children. Eg Drivers slowing down, more pedestrian crossings.....



Ideas for activities

ARCHIE ACHIEVER

Archie enjoys learning and achieving. He is not at all nerdy and is there to offer help to children who need it. His mission is to help every child do the best they can. Archie is keen to help the whole family work together and uses all the facilities available, not just schools and youth clubs, but also libraries, art galleries, museums, parks and forests. He works to develop more extended schools, better play facilities and tries to help all children learn and enjoy doing it!



Ideas for activities – See Fun Activity Sheet 3

1. ARCHIE loves to visit places that give him lots of information – can you unscramble their names?

TERSOF KRPA FOREST PARK
YRIABLR..... LIBRARY
EMUUMS.....MUSEUM
RAT YLALERG.....ART GALLERY

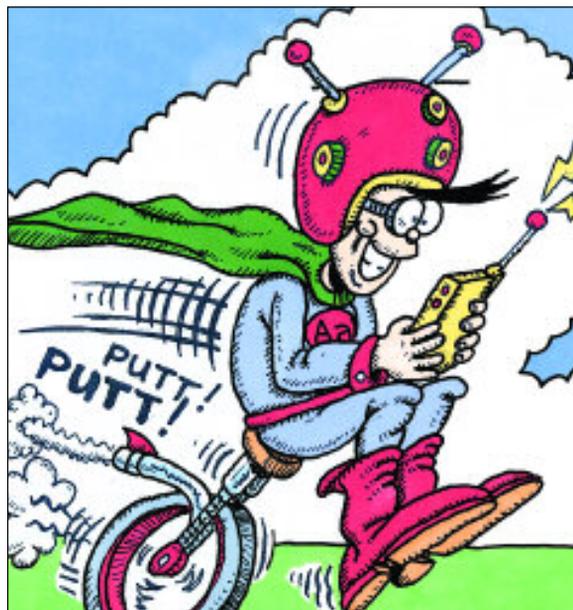
2. Look at a map of Northern Ireland and of your local area and mark up places to visit such as libraries, museums, forest parks. Ask children how many have been to them –why not organise a visit to your local library or park, setting children a project to find out information on interesting topics?
3. ARCHIE likes to help each child do the best they can – ask them to complete the following profile:

My favourite thing to do at school is

I wish I was better at

I would like more help with

I am good at



Ideas for activities

4. Extended schools

If your school has not yet got after-schools clubs ask the children to say what their interests would be eg book club, gymnastics, art workshop, dance, French.....

If you already have an after-schools programme ask them what they like best of all and what other activities they would like to see going on.

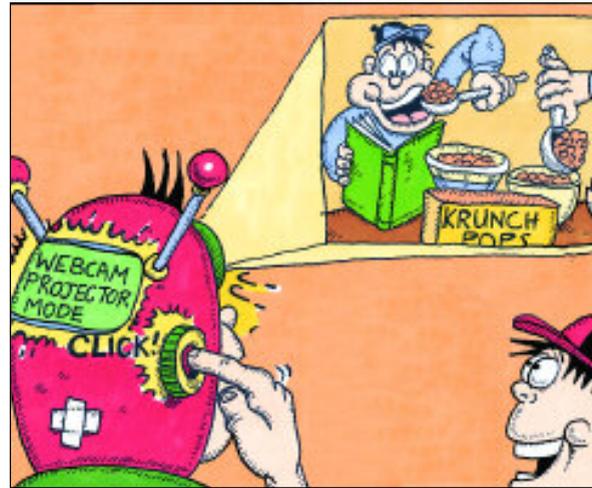
5. Does your school have a school council? If not why not ask your class to think about how they could organise one even within the class – ask them how they think they could help and support each other – a few ideas might include a “buddy system”, “worries box”.

6. Parents and schools – initiate a conversation about schools past and present – some parents don't use computers while others use them every day, some parents love to read while others don't.....try to get them thinking about ideas for a story or poem which would involve a child helping his parents or grandparents learn a new skill eg

My Mum's not into computers

My Gran loves Jacqueline Wilson books

My Dad loves reading books



Ideas for activities

EMER, THE ECO GIRL

Emer has two big jobs. She works to give children better living conditions and aims to help young people realise that they matter and can make a difference in cleaning up our world. She is keen to make sure that children have decent homes and that no child lives in poverty. She supports children in care and helps them become independent. Emer hates waste and encourages everyone to reduce, re-use and recycle. She tries to banish litter, graffiti and vandalism and promotes clean air and the use of public transport.



Ideas for activities:

1. Write an anti-litter rap or collaborative poem – get the class to make a list of all the things people throw away – eg crisp bags, chewing gum, plastic bags. Shape them up into a word picture
2. List some ways we could save energy in the home
3. Which of the following can be recycled? – **See Fun Activity Sheet 4**

Newspapers
Bean cans
Plastic milk cartons
Wine bottles
Nappies
Clothes
Cardboard boxes
Plastic bags
Batteries



Ideas for activities

4. Talk about how our world is polluted – air , water, landscape – what can children do to help clean it up?
5. Get them to read “Stig of the dump” by Clive King (*caveman uses bits people left behind*) see also “The Wombles” by Elizabeth Beresford (*cleaning up what others leave behind*)

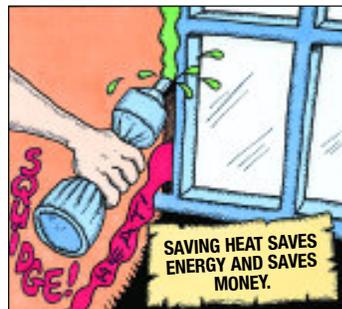


6. Talk about saving and budgeting – make it into a maths puzzle – eg if you had so much pocket money and you need to pay for a trip to the leisure centre, a top up for the mobile and you fancy a treat how do you decide which you can afford?

7. Different sorts of homes
Make a list of all the different types of homes that people live in eg:

Flat, bungalow, caravan, terrace house, farmhouse, children's home.

Pick one different to your own and write a poem about how you would feel if you lived in a different type of home.



Ideas for activities

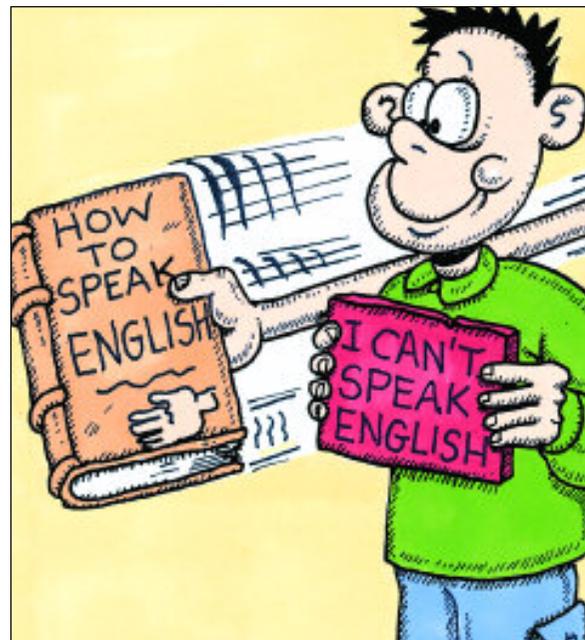
DONNA DOES-A-LOT

Donna does her best to contribute positively to our society. She has long arms to reach out and help anyone who might be feeling left out or who needs a little extra support. If children need help to learn English she gets it for them. She is there for anyone who gets into trouble with the law and helps redirect them to use their energy for the good of everyone. Donna gives children with special needs a lot of support and encourages everyone to do their bit to help each other. She is especially keen to help minority groups like travellers and to promote understanding between people of different religions or nationalities.



Ideas for activities:

1. Say hello in as many different languages you can find – if there are children from other countries in your school make sure you can greet them – check out how to say hello in for example Polish, Cantonese, Irish.
2. Visit your library to look for folktales from different lands
3. Make a chart to show how many places in the world have been visited by children in the class. Then look at a map of Northern Ireland and plot how many places they have visited at home.
4. Ask children to imagine they had to move countries at a day's notice to a new place where they did not speak the language – ask them to express how they would feel. When that task has been accomplished ask them to think about how it must be for children coming here.



Ideas for activities

5. Talk about the different sorts of sports that are played by children from different schools in Northern Ireland – eg, do they know what hurling or rugby are?
6. In a cross-community setting, for example with an EMU partnership or even within the class, split the groups up into mixed pairs and get them to interview each other about hobbies, favourite sports, grandparents – the aim is to show how we are all different and yet we all have things in common as well.
7. Discuss disability and how it affects people – have the children any relatives who wear hearing aids or who use wheelchairs?
8. Discuss how it feels if someone calls you a bad name because of your religion, colour or ethnic background.



Ideas for activities

RORY RIGHTS

Rory is the ultimate protector of children's rights. He listens well and is keen to help children speak up and have their voices heard. He works with all the rest of the Super Six to make sure that children have good family lives, health care, play facilities, a good education and have their leisure and cultural needs met. He is a protector of rights and works to ensure that children in Northern Ireland grow up in a peaceful society, free from fear. Rory works hard to make sure children learn to respect others and to take responsibility for their actions and decisions.

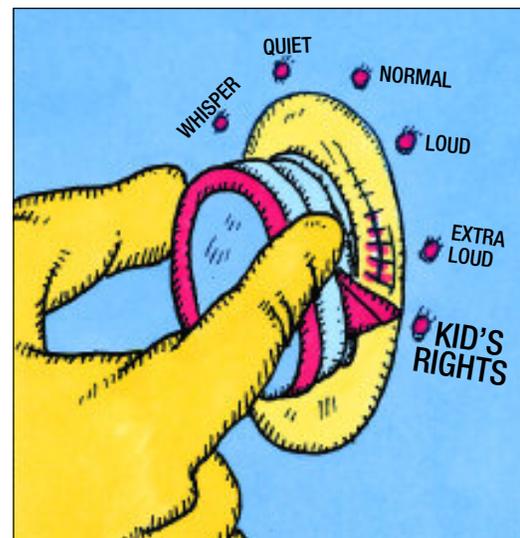


Information

Northern Ireland has taken a fresh look at the issues of human rights and equality.

The Human Rights Act 1998 has added a further dimension by making the rights and freedoms in the European Convention on Human Rights enforceable in our own courts. It is within this context that the United Nations Convention on the Rights of the Child takes its place. It focuses on the protection of children's rights, balancing the welfare of the child with their right to participate in decisions which affect them.

There is a recognised need for special mechanisms to be put in place in order to represent the needs of children and to guarantee their voices are heard. This is the primary aim of the Commissioner for Children and Young People.



Ideas for activities



Ideas for activities:

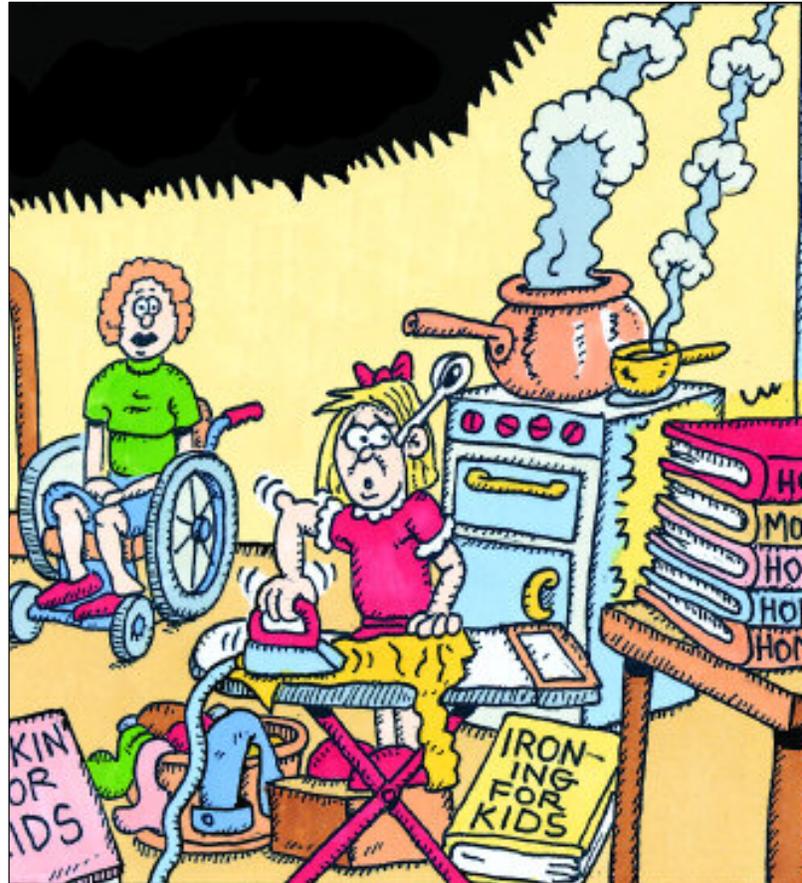
1. Ask the children to express what makes them happy or sad about their lives
2. Right To.....Cards

These 'right to cards' have been produced using The UN Convention on Human Rights and the suggestions of young people. Facilitators may wish to choose to use these or to select other subjects that are of relevance to particular groups.

Split your group in two, giving each a set of the 'Right to...' cards (see over). Give them 10 minutes to place the rights in order of importance. It is a good idea to give a card to each

person so that none are overlooked. The debate that ensues should stimulate some awareness of rights. Now that everyone is aware of their rights, this may be an ideal opportunity to prompt a discussion on what the children view as their responsibilities in society.

3. Ask the children to brainstorm words, which describe how they think they are perceived in society and on a separate page to suggest how they would like to be viewed. Challenge them to find ways to move from current perceptions to new perceptions. Ask them to identify people and organisations that can help them to achieve this.
4. Ask them to describe times when they felt their rights had been violated and how they reacted.



THE RIGHT TO A NAME

THE RIGHT TO A NATIONALITY

THE RIGHT TO MAINTAIN CONTACT WITH BOTH PARENTS

THE RIGHT TO FREEDOM OF THOUGHT

THE RIGHT TO FREEDOM OF ASSOCIATION

THE RIGHT TO PROTECTION

THE RIGHT TO ACCESS INFORMATION

THE RIGHT TO EDUCATION

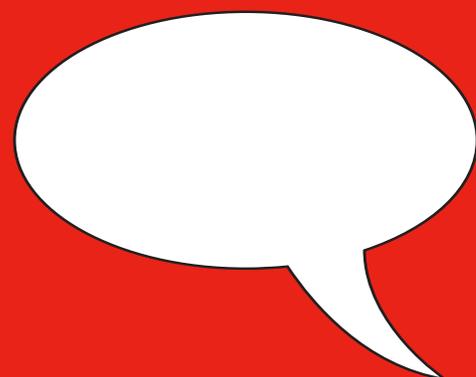
THE RIGHT TO A HOME

THE RIGHT TO AN ADEQUATE STANDARD OF LIVING

THE RIGHT TO DEVELOP YOUR PERSONALITY

THE RIGHT TO PLAY

THE RIGHT TO ENJOY YOUR OWN CULTURE

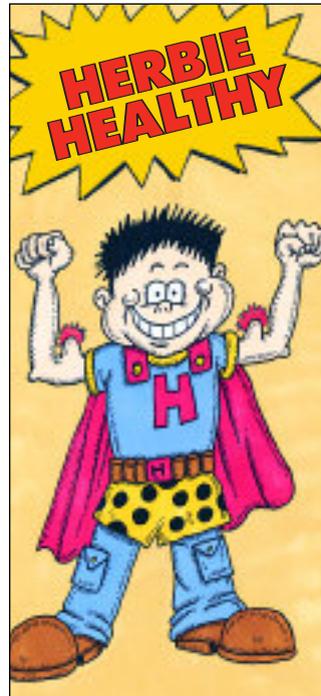


Fun Activity Sheet 1

Healthy/unhealthy foods

Herbie is trying to decide which healthy foods he should choose for lunch.

- Apple
- Packet of crisps
- Banana
- Chocolate bar
- Burger
- Chicken sandwich
- Pasta
- Chips
- Yoghurt



Fun Activity Sheet 2

Safe places to play

Ask children to talk about safe/unsafe play spaces in their own local area.

- Play park
- Motorway bridge
- Street
- Leisure centre
- Railway line
- Electricity pylon
- Derelict houses
- Hay shed
- Football pitch
- Community centre
- School playground
- Farm yard



Fun Activity Sheet 3

ARCHIE loves to visit places that give him lots of information – can you unscramble their names?

TERSOF KRPA

.....

YRIABLR

.....

EMUUMS

.....

RAT YLALERG

.....



Fun Activity Sheet 4

Which of the following can be recycled?

Newspapers

Bean cans

Wine bottles

Plastic milk cartons

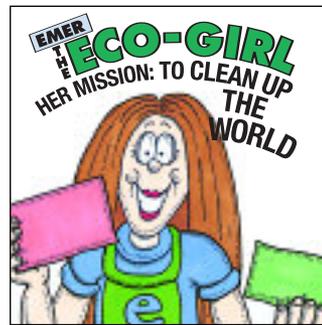
Nappies

Clothes

Cardboard boxes

Plastic bags

Batteries



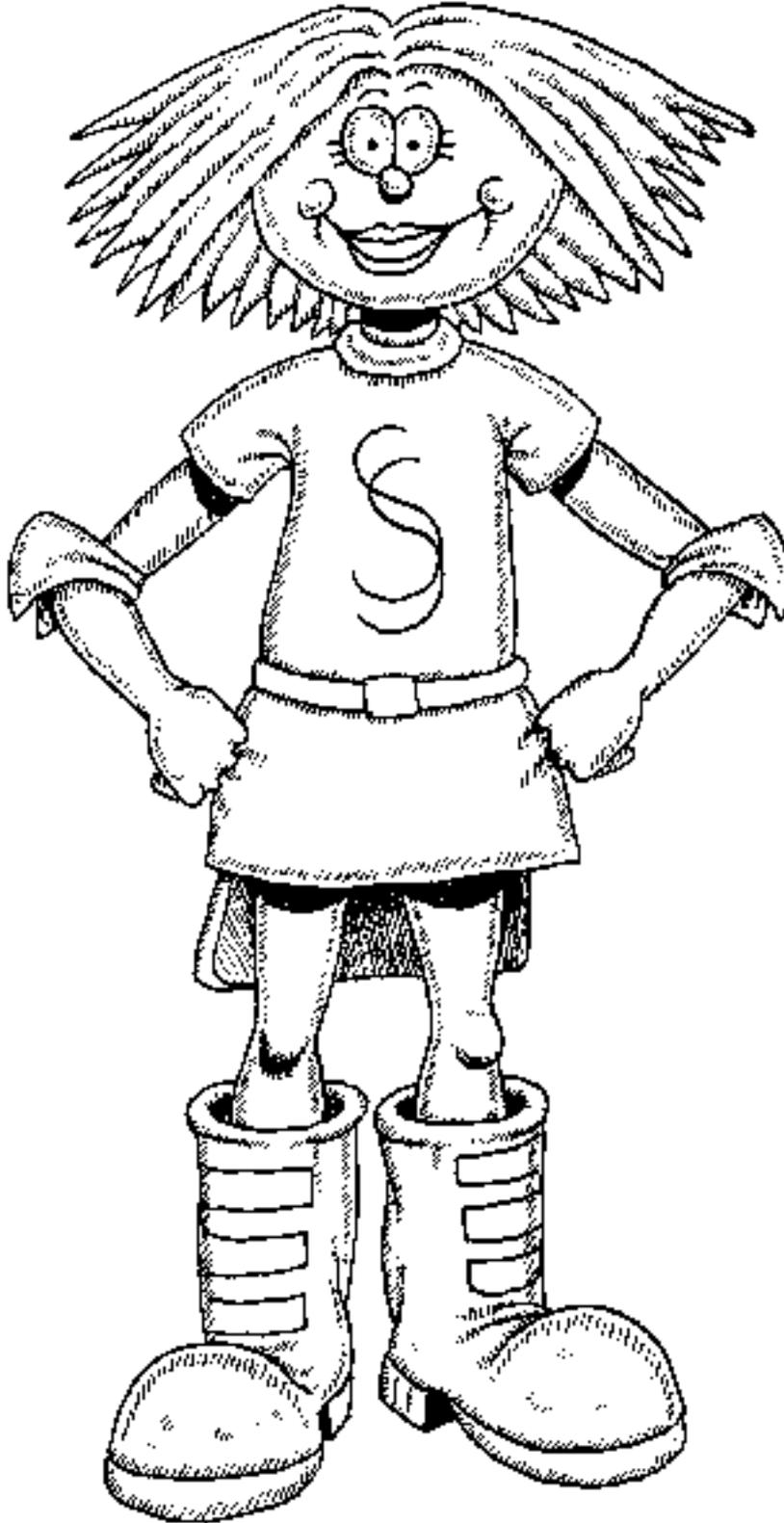
HERBIE HEALTHY

COLOUR
ME IN



SOPHIE SAFE

COLOUR
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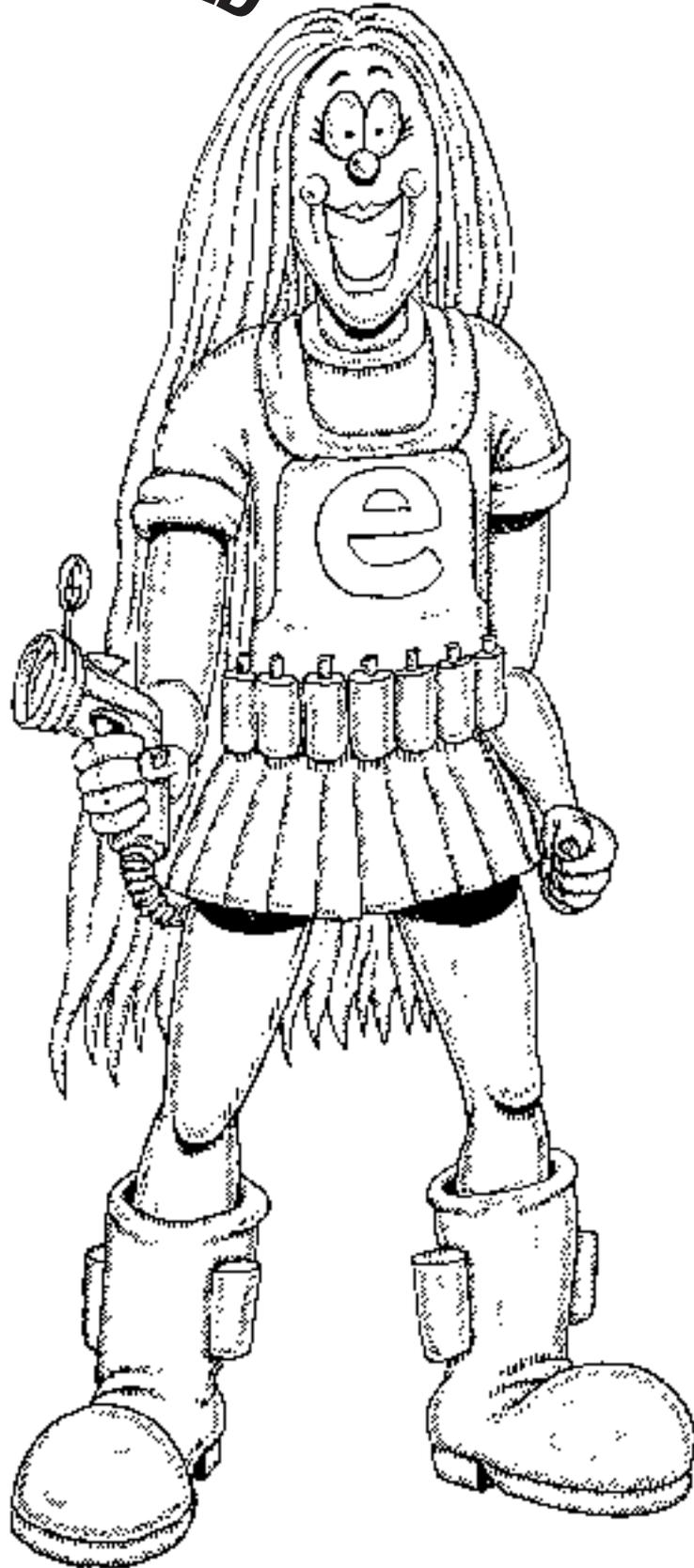
ARCHIE achiever

COLOUR
ME IN



EMER
THE ECO-GIRL
HER MISSION: TO CLEAN UP
THE
WORLD

COLOUR
ME IN



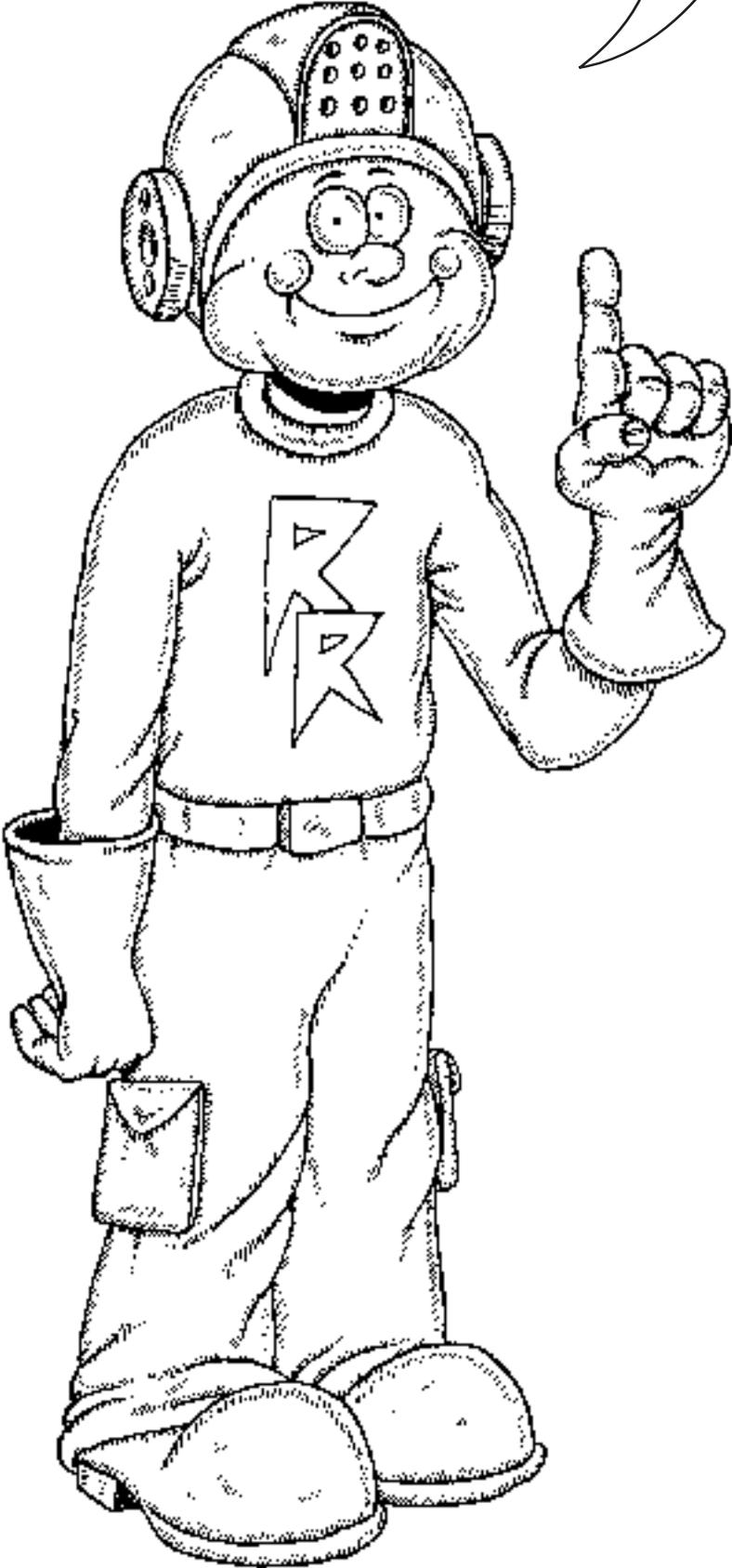
THIS IS
DONNA DOES-A-LOT
SHE GIVES EVERYONE A HELPING HAND

COLOUR
ME IN



RORY RIGHTS

COLOUR
ME IN



THE SUPERSIX

COLOUR
US IN



