



ONE SMILE AT A TIME



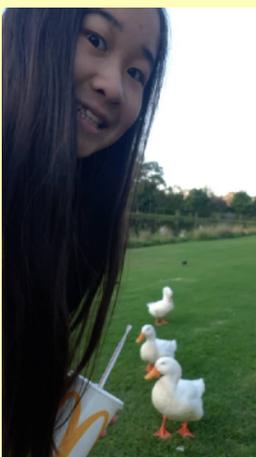
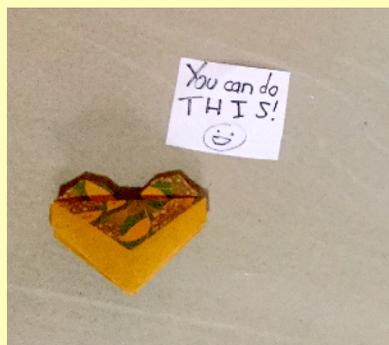
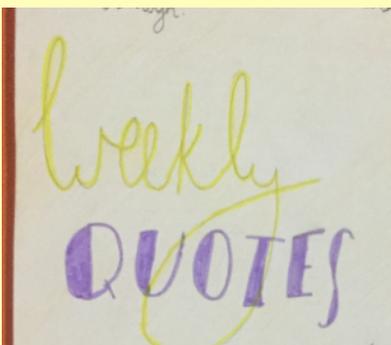
Our global goals group, “One Smile At A Time”, was about interacting with our peers in a positive way to make our school a happier place, thereby promoting well-being. The Sustainable Development Goal we are working towards is **(3) Good health and well-being.**

Our weekly challenge:

The challenge we started was a weekly motivational quote challenge. Every week, we invited and received uplifting quotes from our fellow peers. We chose one winner each week and the winning quotes were published in the school’s daily bulletin. We advertised the challenge with posters that were put in all the form rooms. We feel this idea was a success because we received many submissions. We also had teachers come to us and tell us they thought it was a good idea. Some students also told us that they had fun participating in the challenge and enjoyed listening to the best quotes when the bulletin was read in the morning.

The year 7 workshops:

Our group wanted to get even more people involved with 'One Smile At A Time' so we asked the head of year 7 if we could engage with them during lesson time. We received permission to host 2 workshops and made a power point presentation that explained our goals and planned activities. These activities were to: (1) create origami envelopes with motivational messages in them to hide around the school for others to find and (2) to paint fun rocks to place in the school grounds so all students enjoy the beauty of the others' work.



Teaghan

The Team:



Darwyn



Kara

The Pool Party:

Our team had planned to host a Pool Party at our school pool so we could invite family and friends to have a great time! We would have an entrance fee of MK2,000 (approx. 2 GBP) and sold refreshments to raise funds to bring 'One Smile At A Time' to even more people.



The Orphanage:

All the money we would have collected from the Pool Party would have gone to buying colouring books from the charity Tiyamike Sewing. Tiyamike Sewing is a non-profit sewing school for women who are unemployed. The goal of the school is to teach women how to sew, so when they graduate, they can go start their own sewing business to earn money.

All the colouring books that we would have bought would be given to our local orphanage. This would provide the children there with a fun activity, encouraging happiness and well-being.

The Big Plan:

We had planned our project so that it would grow in stages, bringing more smiles to an increasing number of people. First we conducted the weekly challenge, which we carried out ourselves. Then we planned to have the project grow bigger by including all the year 7's in our origami envelopes and rock painting project. Next, we planned to expand to include family and friends in the pool party. Finally, we hoped to bring 'One Smile At A Time' to the local orphanage.



COVID-19:



We were able to complete the weekly challenge of inspirational quotes. This project ran in our school during the second half of term 1 and the first half of term 2. We had planned to do the workshops and pool party in the second half of term 2. We spoke to the head of year 7 and to the sports teacher in charge of the pool and received permission for all these activities. We made a powerpoint presentation to explain the project to the year 7's and gathered all the supplies that we needed for the origami envelopes and the painted rocks. Unfortunately, due to the COVID-19 pandemic, our school closed and

large gatherings in the community were banned. This prevented us from carrying out these activities but we hope we can do them at the start of the next school year.