



PROGRAM *Helps*

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World Thinking Day 2013



“together we can save children’s lives”

“every mother’s life and health is precious”

Each year on 22 February, Girl Guides and Girl Scouts all over the world celebrate the “World Thinking Day.” This is a special day when Girl Guides and Girl Scouts give thanks and appreciation to the international friendship they found in the movement and make some kind of contributions to the World Friendship Fund. This was also the joint birthdays of our World Chief Guide, Lady Olave Baden-Powell and Lord Robert Baden-Powell, founder of the World Scouting Movement.



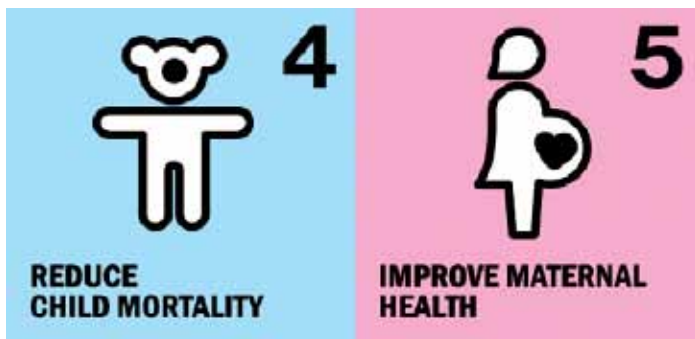
This **Thinking Day** is a way for girls and young women to learn about their peers’ life in other countries and to explore the similarities and differences in the Girl Guide and Girl Scout experience across the globe.

World Thinking Day is an important fundraising day that ensures the Girl Guiding and Girl Scouting Movement can continue to grow and prosper.

This 2013, there will be two themes for the World Thinking Day. These are “Together we can save children’s lives” and “Every mother’s life and health is precious” based

on the Millennium Development Goals (MDG) 4 and 5.

Our five focus countries, representing the five WAGGGS Regions are **Republic of Ireland, Jordan, Malawi, Pakistan and Venezuela**. Each country will receive grants from the World Thinking Day Fund which they will put toward action projects based on MDG 4 and/or 5 in their countries.



What is Child Mortality?

Child Mortality also known as under-5 mortality refers to the death of infants and children under the age of five. In 2011, 6.9 million children under five died, down from 7.6 million in 2010, 8.1 million in 2009, and 12.4 million in 1990. About half of child deaths occur in Sub-Saharan Africa.

10 Facts on Child Health

1. A child’s risk of dying is highest in the first month of life.
2. Nearly three million children died in 2011 within a month of their birth.
3. Pneumonia is the largest single cause of death in children under five years of age.
4. Diarrheal diseases are a leading cause of sickness and death among children in developing countries.
5. Every minute a child dies from Malaria.
6. Over 90% of children with HIV are infected through mother-to-child transmission.
7. In 2011, about 20 million children suffered from severe acute malnutrition.
8. Some 80% of the world’s under-five deaths in 2011 occurred only in 25 countries, and about half in only five countries.
9. About two-thirds of child deaths are preventable.
10. Greater investment is key.



What is Maternal Health?

Maternal health refers to the health of women during pregnancy, childbirth, and the postpartum period. It encompasses the health care dimensions of family planning, preconception, prenatal, and postnatal care in order to reduce maternal morbidity and mortality.

10 Facts on Maternal Health

1. Worldwide, 1000 women die everyday due to complications during pregnancy and childbirth.
2. Severe bleeding, infections, unsafe abortion, and hypertensive disorders (pre-eclampsia and eclampsia) are the four main killers cause around 70% of maternal deaths worldwide.
3. More than 136 million women give birth a year.
4. About 16 million girls aged between 15 and 19 give birth each year.
5. Only 1% of maternal deaths occur in high-income countries.
6. Most maternal deaths can be prevented through skilled care at childbirth and access to emergency obstetric care.
7. Women who do not receive the necessary check-ups miss the opportunity to detect problems and receive appropriate care and treatment.
8. About 18 million unsafe abortions are carried out in developing countries every year, resulting in 46,000 maternal deaths.
9. Since 1990 the global maternal mortality ratio has declined by only 2.3% annually instead of the 5.5% needed to achieve Millennium Development Goal (MDG) 5, aimed at improving maternal health.
10. There is a global shortage of qualified health workers.

www.who.int

Suggested Activities

Hand Washing Flashmob

Diarrhea is one of the three main reasons of child death. Why not introduce proper hand washing to kids?

Hand washing with soap prevents the spread of germs and parasites. Because it can prevent so many different infections and diseases, the Global Public-Private Partnership for Handwashing says that hand washing is more effective than any single vaccine.

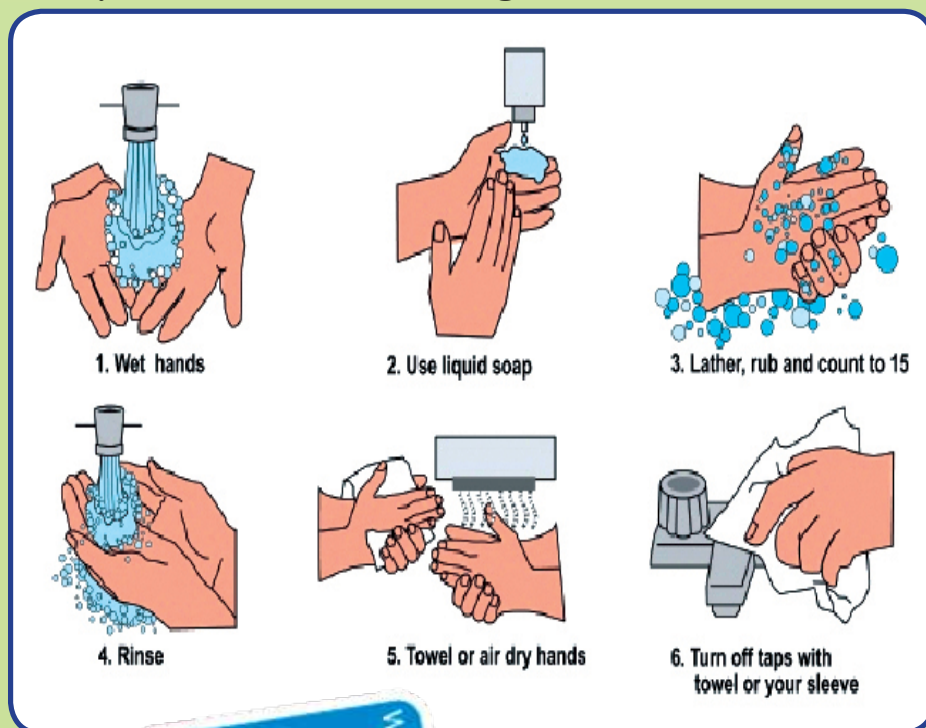
Activity: Gather together your friends and other Girl Guides or Girl Scouts to stage a 'flashmob' to promote hand washing. A flashmob is a group of people that assemble in a public place (like a school,

park, or town square), perform an act that attracts attention and then disperse (ensure you have permission from your school/local council to do so).

A flash mob is a great way of attracting public attention to your cause.

Ideas for your flashmob: (1) ask everyone to bring a poster with a statistic on child health and hand washing, gather together and stand in silence holding the posters; or (2) share a song or dance that helps people understand how hand washing saves children's lives.

Proper Hand Washing



www.worldthinkingday.org

Get Involved





Word Hunt Game

Find the following words. These are connected to the World Thinking Day 2013..

- | | |
|---------------|---------------|
| 1. Child | 9. Five |
| 2. Malaria | 10. Pneumonia |
| 3. Diarrhea | 11. Bleed |
| 4. Aids | 12. Health |
| 5. Malawi | 13. Hope |
| 6. Mother | 14. World |
| 7. Adolescent | 15. Care |
| 8. Goal | |

D	L	R	O	W	M	H	O	P	E
B	L	F	B	Y	A	K	M	I	A
L	E	I	N	Q	L	A	O	G	E
E	R	V	H	A	A	B	V	I	H
E	A	E	R	C	W	F	D	T	R
D	C	P	Z	K	I	S	D	L	R
P	N	E	U	M	O	N	I	A	A
W	H	T	L	A	E	H	I	D	I
R	A	I	R	A	L	A	M	C	D
A	D	O	L	E	S	C	E	N	T

Sangam Activity: Malaria Musical Chairs

Make a circle with enough chairs for everyone less one person in your group. If you don't have chairs, then use paper or a mark on the ground. While the music plays, dance in a circle around the chairs. Stop the music after 30 seconds and have the participants sit down. Whoever does not get a seat is out of the game (they can remove chairs or help with the music). Continue playing, stopping the music every 30 seconds until there is only one person sitting in one chair.

Note: Once the game is finished discuss what participants thought was the purpose of playing the game. Explain that it was related to the statistic that every 30 seconds one African child dies of malaria. Each time the music stopped, it symbolizes the death of one child. Ask how this makes them feel now that they know the real purpose of the game. Discuss what can be done to help reduce this statistic.

Act it out!

Why do we need mothers?

Everyone will write down a few reasons we need mothers on small pieces of paper. Collect all the papers together and mix them up. One by one, members will choose a piece of paper and then act out the reason without speaking, while the other members try to guess what it is.

Reflect with your group on whether children in other parts of the world need these things from their mothers. What might happen if a child doesn't have a mother to take care of them? What can communities do to support children without mother?

Unature Hike

- is a way to teach girls respect for nature.

For Unature Hike, each girl will need a sheet of paper, a pencil and a garbage bag. The game also involves twice as many items as there are girls. The items



must not be part of the natural landscape (e.g., a paper plate). The items are set along the trail by the scout leader in a subtle way, so they don't immediately stand out. The girls, in teams of two, must walk the trail and write down everything they see that does not belong there. The leader then takes the group through the trail and points out the litter items. The girls pick them up and place them in their bags.

A Good Friend

Do you know how to be a good friend? Here's your chance to learn about the qualities of a good friend while testing your memory! Sit in a circle with your group. The first person will say, "A good friend is someone who..." and add an example of what it means to be a good friend. The next person will repeat, "A good friend is someone who..." along with the example the first person gave. They will then add their own example. This list will get longer and longer as each person in the circle adds an example. If needed, help members remember the list by giving them hints or repeating the examples.

Reflect on what you learned about being a good friend. What makes it easy to be a good friend? What makes it hard?



You Can Try This: _____

Cupcake Flower Craft as greeting cards for International Women's Day

You need:

- colored papers
- construction paper
- glue
- Scissors
- Two cupcake cups (the paper cups you make muffins or cupcakes in)
- paint, crayons, watercolor
- small photo



How to do:

- Color the two cupcake cups various colors (they will be the flower head).
- Draw stem and leaves onto colored papers
- Fold a piece of construction paper in half to make a card.
- Glue the leaves and the stem onto the front of the card.
- Glue the two cupcake cups onto the top of the stem (one on top of the other) to form the flower.
 - o Flatten out the bottom cup a bit more than the top cup so you can see the petals.
- You can decorate the paper further by coloring in grass, sky and clouds.
- Glue a photo into the center of the flower.
- Fill the inside of your card with hand drawn pictures, a photo, stickers or a message to the person you're giving your card to.

<http://www.dltkolidays.com/spring/mmuffin.html>

New Troop Pride Necklace

Show the world you love your troop! This is a great project for new troops and levels.



You need:

- Number Beads with your Troop Number and Heart Beads
- 4 inch Satin Cord
- Pony Beads
- 2 Lanyard Hooks

Instructions:

Fold 1 yard of satin cord in half. Tie a knot about 1/2" from the fold to make a loop. Tie another knot about 10" from the first knot. String on your beads and tie a third knot to hold beads in place. Tie a 4th knot 7" from the third knot. String on a lanyard hook. Double knot in place. Trim.

- <http://www.makingfriends.com>

GSP Upcoming Events

37th National Encampment

April 20-26, 2013
GSP Belen Regional Program
and Training Center
Brgy. Masin, Candelaria, Quezon

National Gathering of Girl Representatives

November 29 - December 3, 2013
Ating Tahanan National Program and
Training Center, Baguio City

BE UPDATED!

**You may now
check the new
uniforms at NES.**

CADET GIRL SCOUT SCARF

Color: Purple
Price: Php 55.00



GSP POLO SHIRTS For Adult Members

Size: Ladies - S to 5XL
Men - S to 2XL

Price: Php 255.00 (all sizes)



GSP WHITE T-SHIRT

For Girl and Adult Members

Size: #12 to XL

Price: Php 73.00 to Php 105.00



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