

The definition of freedom is:

- 1) The power or right to act, speak, or think as one wants.
- 2) The state of not being imprisoned or enslaved.
- 3) The state of not being subject to or affected by (something undesirable).

On the 15th September it is the International Day of Democracy and on the 21st September is Peace One Day.

The International Day of Democracy celebrates inclusion, equal treatment and participation in society. Democracy allows people to elect representatives to serve them in government to ensure that their views are heard and their rights are upheld. This day allows people to strive towards Freedom all over the world and ensure that everyone has rights. Click here to find out more about the [International Day of Democracy](#). At LEO Academy, we believe it is very important for everyone's voice to be heard, which is why we have pupil parliaments. This week you will be able to run for a variety of positions of responsibility and represent the pupils of the school, so we would like to take this opportunity to learn more about Democracy, Human Rights and Children's Rights.

Since Peace One Day was established, countries that are in conflict have agreed to engage in Peace for one day, to allow people to help those in need, with medical care, vaccinations and to have freedom for the day. Throughout the years, millions of people have been active on Peace Day in every country of the world, and hundreds of organisations have carried out life-saving activities in areas of conflict. Click here to find out more about [Peace One Day](#).

Below, we have a variety of learning links and activities for you to participate in, in order for you to learn more about Freedom.

Peace One Day Activities:



Activity One: Acknowledge the link between Peace and Sustainability. #DoYourPeace by choosing and performing a small act for peace, and a small act for sustainability within your family. Reflect upon the impact of your actions and the wider importance of 'Peace & Sustainability' in the world.

Activity Two: Express your thoughts and feelings through art. These pinwheels are a simple and wonderful way to create a small symbol of peace.

Activity Three: Use imaginative language to express feelings and ideas in written form. Create a 5-12 line poem and read it aloud. #DoYourPeace!

Activity Four: #DoYourPeace by getting creative with Pizza and Peace, combined! This activity is rich in collaboration... and is a yummy way to educate informally, while introducing (or practicing) 'active listening'. As a final topping! share a photo of your pizza online - positioned like the Peace One Day logo - and serve an important slice of positivity in a global #PeacePizza feast!

Teacher Resources: Click [here](#) to access a folder with lesson plans and resources to teach about peacemakers, conflict resolution, great peacemakers and much more.

Democracy Day Activities:

Activity One: 15th September is a good day to discuss key issues facing democracy. These include how to promote mutual respect and dialogue with opponents, honest governance, accessible and accountable parliamentarians and parliaments, the effective participation of women, the young and minorities in local, regional and national politics, and how to make elected officials more responsive to voters' demands and expectations.

Activity Two: Run a whole school assembly exploring democracy and why it is important to celebrate democracy.

Activity Three: Write a letter to your local MP on something that you'd like to change. This could be pollution, equalities, litter or anything else which is relevant to your community.

Activity Four: Conduct a role-play activity exploring the different emotions associated with making decisions, including working with others who may have different opinions.

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LEO Academy Trust Freedom Week



New 360 experience of UK Parliament

Explore the House of Commons and House of Lords chambers with this new 360 experience designed for learners aged 7-16. Learn about the people who work in the two chambers at UK Parliament, their roles, and how the work of MPs and Members of the House of Lords is carried out.

[Explore](#)

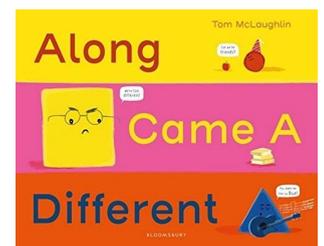
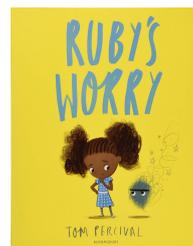
Click [here](#) for resources from our UK Parliament, including videos on the history of WWII and Parliament, Race legislations and LGBTQ legislations and much more!

Democracy Day Assembly - Monday 14th September at 10am

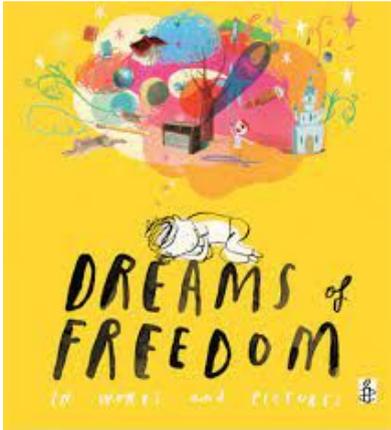
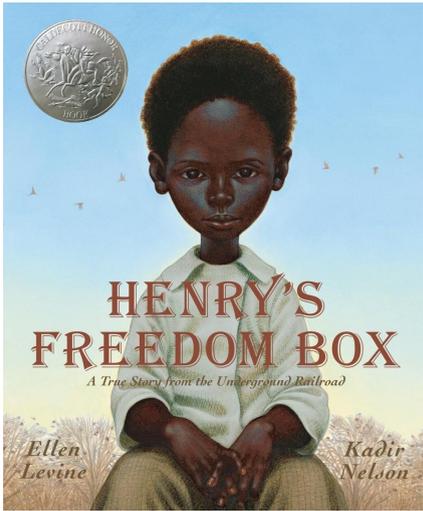
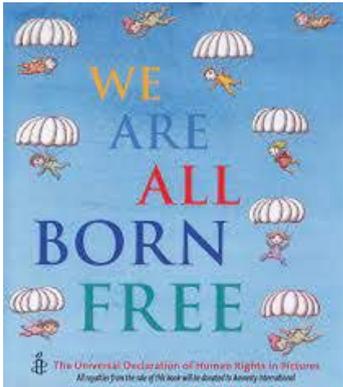
On 14th September, we will be holding a live assembly with Orla McKeating from Still I Rise Story Telling. We will explore three books (The Great Book of Families, Ruby's Worry and Along Came a Different) exploring diversity and inclusion. To access this assembly, via Google Meet, using [this link](#).

Still I Rise Story Telling was founded in 2019 by Orla McKeating, who is a single mother to a mixed race little boy called Elliot. She is a coach, specialising in women in BAME communities, TEDx speaker and founder of Boden Park Coffee Company in Belfast. Her passion and purpose is creating a safer, more inclusive world for us and our children.

Anna Leckey is Founder of Kids Yoga with Anna, Three's Theatre Company and Eco Warriors (she lived a year plastic free!). She is passionate about growing with kids and supporting their mental and emotional health in a safe and fun environment.



Useful Texts

<p>Dreams of Freedom</p>	 <p>This inspirational book, following <i>We Are All Born Free</i>, contains 17 quotations about many different aspects of freedom, from the freedom to have an education to that not to be hurt or tortured, the freedom to have a home and the freedom to be yourself. All the chosen quotations are in simple words that can be understood by young children.</p> <p>Authors of the quotations include: Nelson Mandela, Martin Luther King, Harriet Tubman, Anne Frank, the Dalai Lama, Aung San Suu Kyi and Malala Yousafzai.</p>
<p>Henry's freedom box</p>	 <p>A stirring, dramatic story of a slave who mails himself to freedom by a Jane Addams Peace Award-winning author and a Coretta Scott King Award-winning artist. Henry Brown doesn't know how old he is. Nobody keeps records of slaves' birthdays. All the time he dreams about freedom, but that dream seems farther away than ever when he is torn from his family and put to work in a warehouse. Henry grows up and marries, but he is again devastated when his family is sold at the slave market. Then one day, as he lifts a crate at the warehouse, he knows exactly what he must do: He will mail himself to the North. After an arduous journey in the crate, Henry finally has a birthday -- his first day of freedom.</p>
<p>We are all born free</p>	 <p>An illustrated celebration of the Universal Declaration of Human Rights, stunningly brought to life by internationally-renowned artists including Axel Scheffler, Chris Riddell and Satoshi Kitamura. The Universal Declaration of Human Rights was signed on 10th December 1948. It was compiled after World War Two to declare and protect the rights of all people from all countries.</p>

