



## How to Have a Successful Spex Day

This guide should provide you with all the necessary information to help you have a successful Spex Day in your school.

### Basic Idea

Spex Day is an awareness campaign that is designed to increase awareness about sight loss amongst pupils at primary level.

To celebrate the day pupils are invited to decorate their own NCBI spex and make a small donation to wear them for the day.



## Your Spex Day Pack

- Finding Out About Sight Loss education booklet and CD
- NCBI spex for each student
- Spex Day Poster
- Introduction letter
- Parents letter
- Photo permission form
- Participation and winner certificate templates

### Checklist

1. Explain to your class that your school is learning about sight loss by participating in Spex Day
2. Fill out the template letter to parents included in your Spex Day pack and send to parents
3. Put up posters around your school to promote the day
4. Follow the "Finding Out About Sight Loss" educational pack with your class
5. Give each child a pair of NCBI spex to decorate themselves
6. Choose one winner per class level to be entered in the national competition
7. Most importantly.....have fun!

## Donations

We hope that the suggested donation of €1 is an affordable amount for participating in National Spex Day. However, no child should be left out if they haven't brought in their donation.

You can lodge the proceeds of your school/class in one of the following ways:

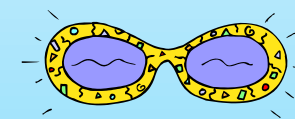
By phone on 1850 33 43 53

Cheque or postal order made payable to NCBI

Lodge into our Ulster Bank Account:

Sort Code: 98-50-10 Acc. Name: NCBI, Acc No.: 07590078

(Please ensure to note the school name so that we can send your receipt)



### Contact Information

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