

Proposal

To sponsor a children’s book on the subject of health and safety. This book was originally conceptualized in conjunction with one of the platinum mines in Limpopo, but lack of funding brought the project to its knees. (The storyline was approved by the mine captain.)



“Sibo Stays Safe”

Written by Ginny Stone

(published by Lets Look Publishers)

Summary – The ultimate aim of this book

The aim of this book would be to introduce children to the concept of occupational hygiene at home and school and to try and influence lifestyle changes. To make children realise that they can also be responsible for their own health and safety as well as being aware of other possible dangers.

Outline of proposed story

Sibo’s uncle Sandile and his family come to stay with Sibos house for the weekend.

Sibo introduces her cousin to her friends. They are all helping Sibos weed her veggie patch in the back garden. Wayne is listening to music on his cell phone – the music is so loud that you can easily hear it through the headphones. Uncle Sandile comes outside to see what the kids are doing and hears the music too. He tells the kids that listening to music so loud can hurt your ears. Wayne snorts and says he’s been listening to loud music for ages and there is nothing wrong with his ears. Uncle Sandile explains that it does not happen overnight – it’s a slow process but once you lose your hearing – you can never get it back. You would be deaf for life. Wayne turns his music down.

Sibo is horrified. She can’t imagine not being able to hear properly. She wonders if other loud noises like ambulance sirens, helicopters and lawnmowers can also affect your hearing.

Sibos mum calls the kids and says they should finish up in the veggie garden and wash their hands. She’s made a cake that is nearly ready to come out of the oven. It’s almost tea-time.

Everybody is sitting in the kitchen, eagerly watching Sibos mum take the cake out of the oven. She burns herself and nearly drops the cake. She was only using a dishcloth to hold the hot tray. Uncle Sandile tells her that she really should always use the correct PPE – i.e. oven gloves - when taking hot things out of the oven to avoid accidents. Sibos asks what PPE stands for? He tells her – Protective Personal Equipment. They ask him more questions about PPE. He tells them that’s why people have to wear safety boots, gloves and other equipment in the mine where he works to avoid hurting themselves.

Lennie says yes – he knows all about safety equipment – he plays cricket and knows it's very important to protect yourself. Uncle Sandile agrees with him and goes on to explain that people are often lazy to use the correct equipment for the job and that is when accidents occur.

While they are all waiting for the cake to cool (and Sibó's mum is holding her hand under cool running water), he tells the children that at his work all this stuff has a name. It's called "occupational hygiene".

Sibo is confused. She thought being hygienic meant keeping clean, not being careful about how loud you listen to music or wearing oven gloves. Uncle Sandile explains that actually "occupational" means work and in this case "hygiene" is not about being clean, but about having good habits at work to keep you (and your colleagues and friends) safe. But he goes on to say that there is no point in being careful at work if you are careless and hurt yourself at home.

He looks at the kids and says that they are never too young to start learning to do things properly. It's all about being responsible for your own safety.

For supper that night the two families have a braai in the backyard. Sibó and her cousin have roasted some marshmallows and are now playing around with the sticks in the fire, getting them nice and hot and then writing their names with glowing embers in the air. Uncle Sandile stops them from doing this and tells them that they should never play with fire—it is very dangerous—they could poke each other's eyes out with the hot coals at the end of the sticks or burn each other, the dog or somebody else. Playing with fire is just stupid, he tells them.

Chapter 2

Later on that evening, Sibó and her cousin go to her Dad's computer to Google more about occupational hygiene and how loud noises are bad for your ears. They are both slumped in front of the computer. Uncle Sandile sees them sitting badly and tells them that they should always sit up straight when using the computer – to avoid hurting their backs and necks.

Sibo groans and remarks to her cousin that her Dad is very strict and full of nonsense. Sibó's cousin replies that she knows it sounds a bit like nagging, but that her Dad is very safety conscious and wants to avoid unnecessary accidents and health problems. She tells Sibó they have a friend who did not listen or adhere to the rules at work and is now has to be in a wheelchair for the rest of his life.

Sibo and her cousin find out all sort of interesting things on the internet.

Basically there are five factors in the work place or in daily life that contribute to occupational hygiene. chemical, physical, ergonomcal (*big words will be broken down – plus there will be a glossary in the back of the book*), biological and psychological factors. (*These factors will also be explained in plain text in the back of the book.*)

Slumping in front of the computer, TV or at your desk fell into the ergonomical section, but apart from sitting correctly, there were other issues too—you had to use the right tool for the right job and you had to lift things properly—otherwise you could break your back. Sibó knows all about this, her neighbour, Lennie's dad lifted a big bag of manure and hurt his back. He could not work for weeks.

Noise is only one of the physical factors, other physical factors are extreme heat or cold, vibrations or poor lighting. Sibó knows how hard it is to read when you can't see properly—she's tried reading in her bed with a torch at night time when she is supposed to be sleeping.

Sibo is not surprised to find out that breathing in car fumes is bad for you. She and her friends walk to school most days and often get a lung full of carbon monoxide from all the exhaust fumes. She knows about how bad pollution is for the earth, but she did not actually realise that it can affect people's health too, especially when they breathe in the poisonous fumes. She also always thought that you had to actually swallow chemicals to get sick, but she now sees that they can sneak into your body - creep up your nose or go in via your skin without you even realising it.

They were busy reading about how stress is also a psychological factor of occupational hygiene. Sibò has seen her Dad moaning and clutching his stomach sometimes. He also sucks pills that taste like chalk – he says they are for his ulcer. She knows he does not always sleep well because she hears him wandering around the house at night, and wonders if he is stressed at work. She now realises it's not good for him not to get enough sleep. She decides not to ask for a raise in pocket money for a while. Sibò tells her cousin that the only time her mum gets depressed is when she discovers she needs a larger size jeans when she goes clothes shopping at the mall.

Sibo is fascinated. She never really realised before that you are also responsible for your own good health and well-being. Yes - it was up to your parents and the school to make sure things are safe – but a kid also has a job to do too. To check out and see what the dangers are around take steps to avoid them. Plus you have to look out for your friends and family as well.

Chapter 3

When Sibò goes to school on Monday morning she discovers that a construction company are busy renovating a building right across the street from the school. Not only is there lots of noisy machinery, banging and crashing, but there is also loads of dust wafting all over the place.

Sibo reckons this is very bad for the kids and tells her teacher about what she has learned over the weekend. Her teacher can barely hear what Sibò is saying. She has a coughing fit and agrees that the dust and the noise is rather bad. She decides she will go and speak to the principal and complain. Maybe they can suggest that the construction company could perhaps do this work in the afternoons or over the weekend or something. They have the children's health to consider.

One of the other kids in the class pipes up and says that he lives near somebody who sprays cars in their garage and that this dust is nothing. Sibò tells him that it's very bad for his lungs to breathe in such chemicals. The little boy scoffs and says that he prefers the smell of spray paint to the smell of his father's cigarettes. Sibò reckons he should call Childline and complain!

Sibo's teacher thinks that sometimes Sibò is a bit of a pain in the neck with all the things she comes up with, but in this case she does have a point. At break time she has a chat with the principal and other staff members – and they decide that they are going to start a little occupational hygiene aka safety campaign at school.

They'll have a talk at the next parents evening and include the hazards of smoking at home. Everybody knows that smoking is bad for you but do they know how second hand smoke can badly affect the other people living in the house, especially children. Often people do things without really realising the harmful effects that they cause to others. They can also remind parents to make sure that hazardous or flammable substances like petrol and other chemicals are not stored where children can reach them or play with them.

They discuss this more at a staff meeting and decide that maybe it's not a bad idea to start practising a little occupational hygiene at school too.

And so they start a campaign and school... talks are given to the learners about how loud music can destroy your hearing, about sitting properly when they are doing their school work, and about making sure that they wash their hands after playing or working – before eating their food at break time.

They also include a talk about the hazards of electricity and hot equipment like irons and heaters. And about never ever playing with fire.

They have some posters made and put them up around the school to remind the children that they should not play with fire, or listen to their music too loud and about all the other topics they also learned about.

Other schools in the district hear about the safety campaign and come to Sibó's school to find out how to run their own safety campaigns.

(This story outline can obviously be changed in any way necessary)

Rationale behind the idea of a book

Such a book would introduce and explain the concept of health and safety in general to young learners in an easy to understand manner. It creates awareness and make them realise that they are also responsible for their own safety.

I firmly believe that if you spark an interest in a child at a young age – you have got them for life.

The format of the books would follow the same as the existing 14 titles in the Sibó Series. It can either be written in rhyme (fun and easy for children to read), 3 chapters, 20 verses per chapter; or it can be written in prose, which then makes it easy to translate into difference languages at a later stage, if necessary.

As is the case with all the other Sibó titles, there are delightful illustrations on each page, with speech bubbles that make it even easier for those who are challenged as far as reading goes. The book will consist of 36 pages with hints and tips as well as a simple activity (agreed upon by the sponsor) for children to build (in or out of the classroom—using easy-to-get materials) on the last page. Prominent links to any relevant websites would be included.

In addition, educators could be encouraged to provide feedback (via an appropriate website/email/mail) in order to provide extra curriculum-linked activities around topics that they could perhaps be having difficulties with and need some help that link into technology and ultimately engineering.

The sponsor would approve the story before it goes to illustration. Final illustrations and cover would also be approved by the sponsor. Relevant logo's would be printed on the inside front cover of the book.

Why use the Sibó Series?

Due to the fact that existing books in the Sibó series are already in many schools and libraries around the country, as well as the fact that the "Sibó and Friends" a 13-part cartoon series, aired on eTV

numerous times in previous years, many children already know and relate to the character Sibó and embrace what she stands for. Many of the Sibó titles have also been read on Ntunjambili—a children’s program on aired on SABC 1. Kids understand that Sibó wants to help save the earth (and needs their help), but also know that she loves finding out new things and embracing new challenges.

Literacy in South Africa is a huge problem, and providing books that children enjoy reading goes towards being part of the solution to the problem.

Having a dual purpose book that is nice to look at, fun to read and introduces interesting new concepts, careers and ideas would be the ultimate win-win situation.

It is well known that children are conduits to the community. One book can be read by many children. It can also be read and reread by the same child lots of times. Each time they might learn something new. Books are sustainable interventions. Books are friends. You don’t need electricity to read a book.

Having said that, it is also envisaged that this book could be available on Sibó’s Website (www.sibo.co.za), and any other relevant websites in digital format, so that it would be possible to download it and read it in hall to ~500 children at once, where they can all see the pictures and listen to the message (or read along together). However, it is well known that many schools do not have computers or digital equipment, so the book itself would equally suffice as a stand-alone intervention.

There are currently 14 titles in the Sibó series and the issues of water (Sibó Saves Water), food (Sibó and the Veggie Bed) and health (Sibó Thinks Positively and Sibó Fights Malaria) have already been tackled and are being used in schools around the country. Different Sibó titles have already been sponsored by SAASTA/DST, BASF – the chemical company, Department of Arts and Culture, NASH NISSAN, SuperGroup, Department of Health, University of Pretoria’s Centre for Sustainable Malaria Control and a private individual. The 14th title in the series, Sibó on the Move, was sponsored by Gautrain and 10,000 copies were distributed around the country. This book won a local Silver Quill Award and then went on to win an international Golden Quill award in 2018.



Sibó also “writes” a weekly blog in [The African Reporter](#) (a Caxton freesheet that has a large reach in the East Rand area) on a variety of topics—Ginny has free reign. Blog #200 has just been filed. These blogs are written pro bono. They also run as real blogs on both Sibó’s website and The African Reporter’s website.

Sibó also has a Facebook page (<https://www.facebook.com/SiboStories/>)

Cool Sibó facts:

- 14 titles in the series to date.
- Sibó Makes a Difference was the first storybook in SA about global warming in 2008.
- Sibó wrote the kids games page in the Kulula Air on-line magazine for four months in 2009.

- “Sibo and Friends” the song for the TV cartoon series was written by Karen Zoid.
- Sibos wrote nine articles for MiniMag in 2010.
- Sibos stories have been read on SABC 1.
- Sibos has been saving water since 2009.
- Sibos was on a billboard for the Roundabout Water Play pumps.
- Sibos is helping to fight the killer disease, malaria.
- Sibos on the Move won an international Golden Quill international award in 2018.

About Lets Look Publishers

The Sibos Series (written by Ginny Stone) is edited, illustrated and published by Lets Look Publishers who have a level 3 compliance BEE status. They have thousands of products such as wall charts, readers, science kits etc. and have been regularly supplying the South African Department of Education for many years. They are based locally in Pretoria. The usual retail price for a Sibos reader is R69.99.

This book “Sibos Stays Safe” would remain a part of the Sibos Series and would also be submitted to the Department of Education by Lets Look Publishers when submissions are called for. This would ensure that it would not be a one-off intervention, but would be available to schools for years to come.

Should you require more information about Lets Look Publishers, please do not hesitate to contact Mr Peter Sanderson:

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For more information visit Sibos’s Website (www.sibos.co.za run and maintained by author, Ginny Stone).

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Costs

This includes writing, editing, illustrating and printing.

Quantity of books	Cost per book Excl VAT	VAT (15%)	Total Incl. VAT	Grand Total
3000	R45.00	R6.75	R51.75	R155,250
5000	R42.50	R6.38	R48.88	R244,400
10,000	R35.00	R5.25	R40.25	R402,500

Ideally ~35 books should be given per school. This allows each learner in a class to read their own book and not have to share.

If 3000 copies were sponsored ~85 schools could be reached.

If 5000 copies were sponsored ~142 schools could be reached.

If 10,000 copies were sponsored ~285 schools could be reached.

Should you require a quote for a different quantity of books – please do not hesitate to ask.

<https://sibo.co.za/books> (click on the link in the description and you can read any of the books on-line).

The screenshot shows the website <https://sibo.co.za/books/>. The header features the Sibos logo with the tagline "Empowering children one page at a time." and a navigation menu with links for "About", "Lets Look Publishers", "Books", "Cool stuff", "Press", "Ginny", and "Creative Writing". Below the header, the word "Books" is prominently displayed. A search bar is located on the right side. The main content area states "There are currently 14 titles in the Sibos Series:" and displays a grid of 14 book covers. The covers are arranged in two rows of seven. The top row includes titles such as "Sibo and More", "Sibo Looks Right", "Sibo Fights Malaria", "Sibo Mixes Things Up", "Sibo Sizes Things Up", "Sibo Saves a Stray", and "Sibo Likes Life". The bottom row includes titles such as "Sibo Thinks Positively", "Sibo Tackles Trash", "Sibo and the Sea", "Sibo in Space", "Sibo Saves Water", "Sibo and the People's Best", and "Sibo Makes a Difference". On the right side of the book grid, there are three buttons: "BUY BOOKS", a Facebook logo, and "SIBO'S BLOG".