



Article 29

You have the  
right to develop  
your abilities.



This week we are going to  
celebrate all your amazing  
abilities.

This book is about how  
amazing siblings can be...

# The Abilities in me

Superstar Siblings



Gemma Keir

Illustrated by  
Vevhella Litoraya

There are many children with super abilities,  
who go through really hard things.



But did you know every hero has a sidekick?  
We are the superstar siblings.



Some of our parents are carers,  
but you should see the things we can do!



It's in our nature, to be kind and caring  
and help when we need to.



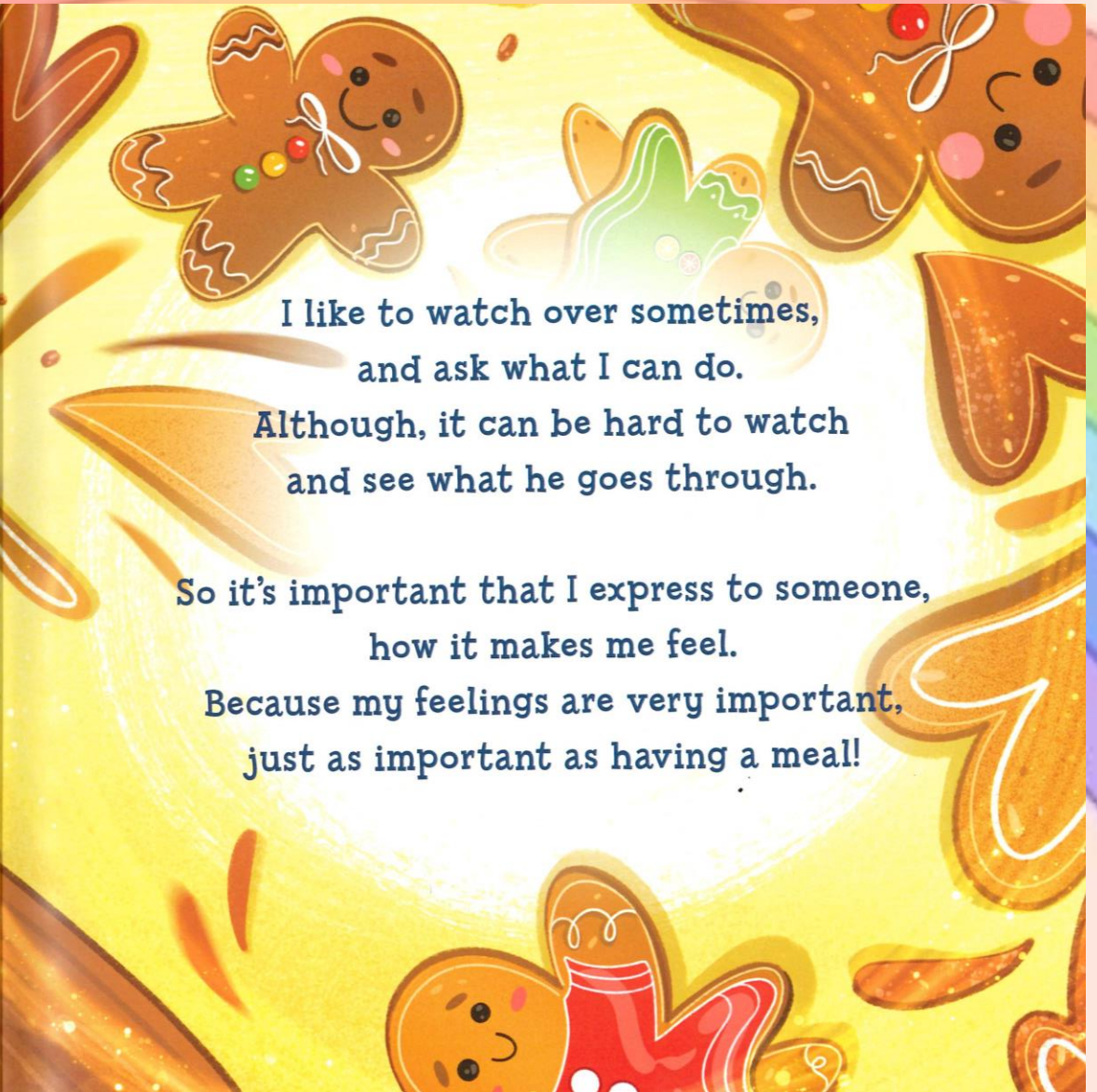
Things can be difficult at home,  
as my parents help my brother a lot.  
So I sometimes ask, if I can help too,  
like getting food from the shop.



We like to play games with our brother,  
although things can take a long time to make.

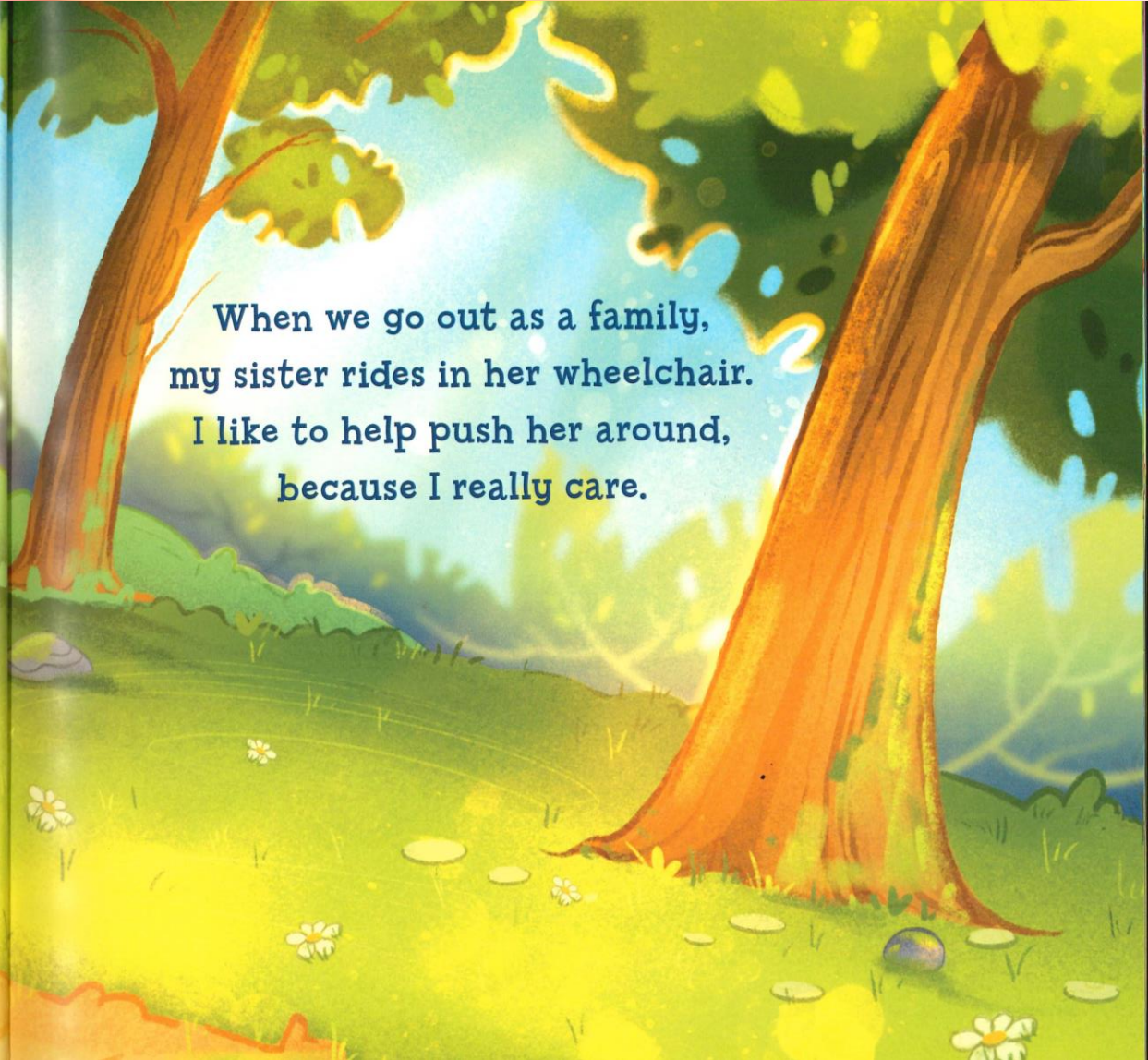
But we sit and wait patiently,  
when our sibling needs a break.





I like to watch over sometimes,  
and ask what I can do.  
Although, it can be hard to watch  
and see what he goes through.

So it's important that I express to someone,  
how it makes me feel.  
Because my feelings are very important,  
just as important as having a meal!



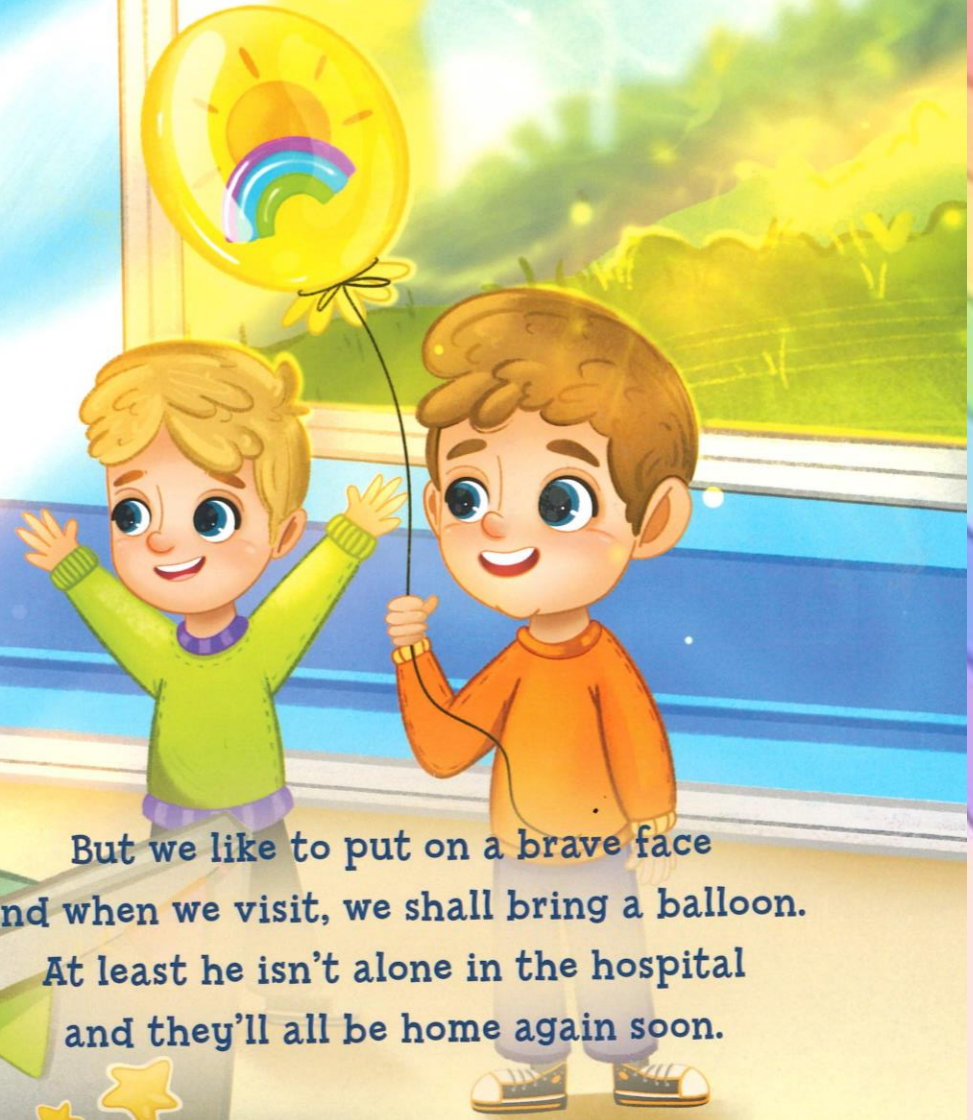
When we go out as a family,  
my sister rides in her wheelchair.  
I like to help push her around,  
because I really care.



When our brother goes into hospital,  
our parents aren't around as such.  
Sometimes this can be hard for us,  
as we miss them very much!



But we like to put on a brave face  
and when we visit, we shall bring a balloon.  
At least he isn't alone in the hospital  
and they'll all be home again soon.



Sometimes my brother needs help,  
with something I cannot do.  
I try to stay calm and get a grown-up  
as they will know what to do!



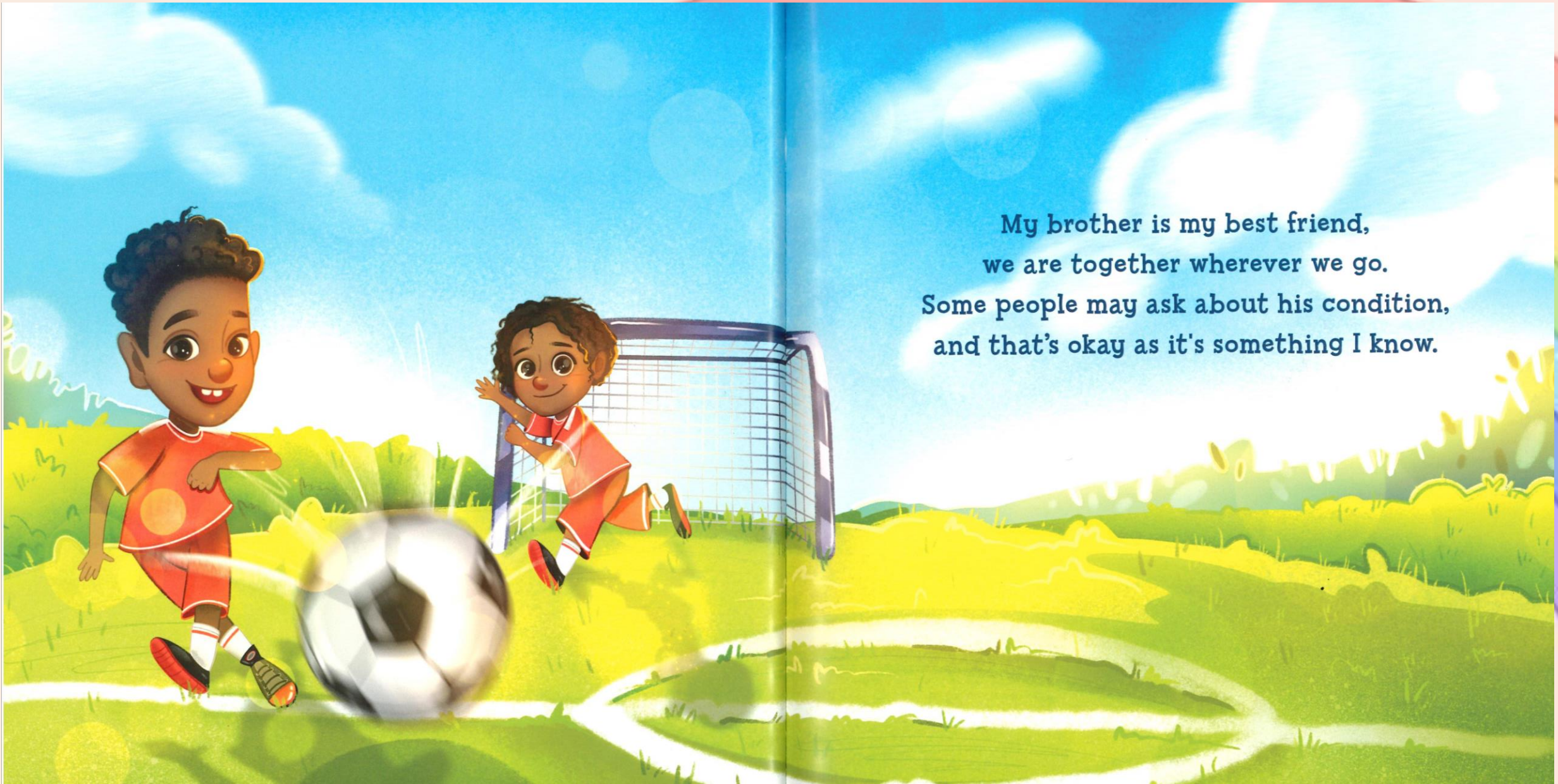


Sometimes my sister needs feeding,  
so I help her to eat with a spoon.  
It's nice to sit together as a family  
and have time together in one room.




Sometimes I visit the respite centre;  
it's pretty and has a big blossom tree.


I get to play with other siblings,  
who go through the same as me.



My brother is my best friend,  
we are together wherever we go.  
Some people may ask about his condition,  
and that's okay as it's something I know.

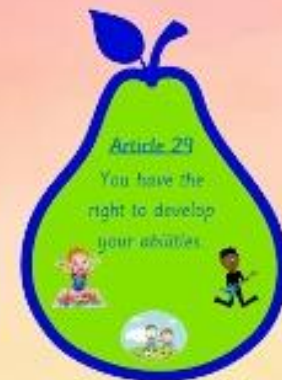
An illustration of a young boy with grey hair hugging a young girl with a pink bow in her hair. The boy is wearing a dark grey shirt and has a large yellow and black object on his back. The girl is sitting on a yellow rug, holding a teddy bear, and is surrounded by drawing supplies like a blue and red marker and a piece of paper with drawings. In the background, a window shows a stormy night with lightning and rain. The room has teal walls and a purple chair. The scene is framed by a rainbow border with stars.

When the clouds get dark and stormy  
and it becomes noisy outside.  
My brother can feel scared and lonely  
but I'll always be by his side.



There are so many children in this world,  
who help care for their siblings at home.  
Just know how amazing and loved you are  
and that you are never alone!

TO HELP PROMOTE THE POSITIVE MESSAGE THAT WE ALL HAVE AMAZING ABILITIES, THE RIGHTS RESPECTING REPS ARE INVITING YOU TO JOIN IN WITH OUR FUNDRAISING DAY FOR



PLEASE, DON'T FORGET TO MAKE YOUR £1 DONATION VIA SCHOOL GATEWAY



WHEN?  
WEDNESDAY 23RD OCTOBER  
WHAT DO I WEAR?  
BRIGHT COLOURS OR SOMETHING THAT CELEBRATES YOUR AMAZING ABILITIES





## School Reflection

This is our school,  
Let peace dwell here,

Let the rooms be full of contentment.

Let love abide here,  
Love of one another,

Love of mankind,  
Love of life itself.

Let us remember

That as many hands build a house,

So many hearts make a school

Help us to learn, play and share together.

We hope our school will be a place of great discovery, adventure and creativity.

May it be a place where we love to learn and where we learn to love,

A place where everyone is respected, and all are deeply valued.