



The **United Nations** has designated certain days in the calendar as **International Days** in order to shine a spotlight on **important aspects of human life.**



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**5 OCTOBER**



Teaching towards a better tomorrow for all South Africa's learners.

On this special day of the year we pay tribute to *Vivienne Rutgers* retired Cape Town school teacher whose career spanned more than 40 years, and whose belief in the value of nurturing empathy in her learners, is helping to reconceptualise the fundamentals of Education.



*We first met Vivienne in 2003 when, as a teacher at Forest Heights Primary School in Eerste River, she came to our Caring Classrooms display stand at the City of Cape Town's Youth Environmental School at the Chrysalis Centre in Tokai.*



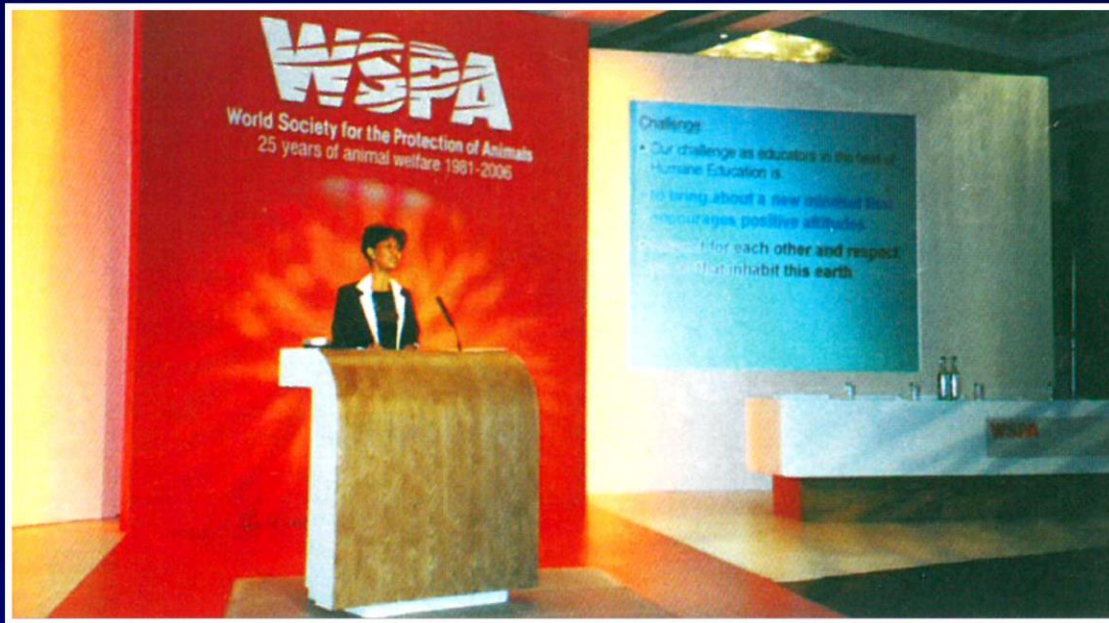
It was the start of a journey together to introduce learners to the concept of care and respect for all living things began.



**Lindie Buirski** (left), then head of the City's Environmental Capacity Building, Training and Education Unit, with **Esmay Swarts**, then Co-ordinator for Environmental Education. In 2013 we went on to win the City of Cape Town's environmental award in recognition of "an outstanding contribution and commitment to humane education and environmental awareness"

**By 2006 international animal welfare organisations had become aware of her work and, with the blessing of her principal and the WCED, she accepted an invitation to address an international symposium in London on 9th June 2006.**

**The symposium was hosted by the  
World Society for the Protection of Animals (WSPA).  
The topic of her presentation was  
*'Can Education help?'***



*Vivienne Rutgers,  
a Foundation Phase teacher  
at Forest Heights Primary School  
in Eerste River, near Cape Town,  
addresses the WSPA world  
symposium in London  
on 9th June 2006.*

**“No-one seems to know where to turn to stem the tide of drugs, aggression, hard-heartedness and violence that bedevils so many societies today,” she said.**

**“What I do know is that healing begins in the heart and is seeded by the development of empathy, starting with those who are at our mercy – the animals. This is the truest reflection of who we are as humans.”**

***Vivienne Rutgers at the WSPA Symposium  
with Phil Arkow, a leading world authority  
on the link between animal abuse and  
human violence.***



*Child Abuse,  
Domestic  
Violence,  
and Animal  
Abuse*

*Linking the Circles of  
Compassion for Prevention  
and Intervention*

*edited by Frank R. Ascione and Phil Arkow*

***Co-authored by Phil Arkow,  
this internationally acclaimed resource  
offers insight into the undercurrents  
of violence in society and tangible steps  
on how to break the cycle of violence.***

*Later in the same year, Vivienne's message gained the attention of the United Nations.*



**On 7 September, as part of the World Society for the Protection of Animals delegation, she addressed the UN Forum on Sustainable Development and Community Upliftment in New York.**



*“I am totally convinced,” she said...*



*“that the inculcation of ethics and values in society has fallen on the shoulders of educators like myself, and it is something we dare not shrug off...”*



**She added...**



***“If we are to fight violence effectively and uplift our communities for a sustainable future, we are going to have to reach into the hearts of learners and develop those vital core qualities of empathy, compassion and respect.***

***That is why the traditional 3 Rs must become the 4 Rs – Reading, 'Riting, 'Rithmetic and RESPECT for all life.”***



***“There is an awakening taking place in the community where I teach that is slowly but surely bringing a sense of dignity to all of us. Dignity begins in the heart and in today's world, it is seeded by humane education.”***



*From there, in cooperation with school principal Mr WC Scholtz, Forest Heights Primary became the hub of Humane Education...*



*...with regular workshops for interested teachers from other schools too, and a steady supply of resources and teaching materials to learners.*



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CAPE TOWN SOUTH AFRICA



humane  
education



Rekindling the spirit of care and respect for life



Caring  
Classrooms

Teacher Pumla Ngcukana with her Grade 3 class of caring kids, at A C J Pakade Primary School near Cape Town.

Vivienne volunteered her free time to helping The Humane Education Trust produce the first **Teacher's Guide to Humane Education** which was later selected by the Department of Education as part of LTSM (Learner-Teacher-Support-Material)



This resource is compiled and produced by the Humane Education Trust (HET).

Resources produced by the HET help teachers to promote an ethos of care, respect and responsibility in classrooms around South Africa to the ultimate benefit of society as a whole.

**HUMANE EDUCATION** develops **CORE VALUES** for creating a **RESPONSIBLE** and **CARING** society.

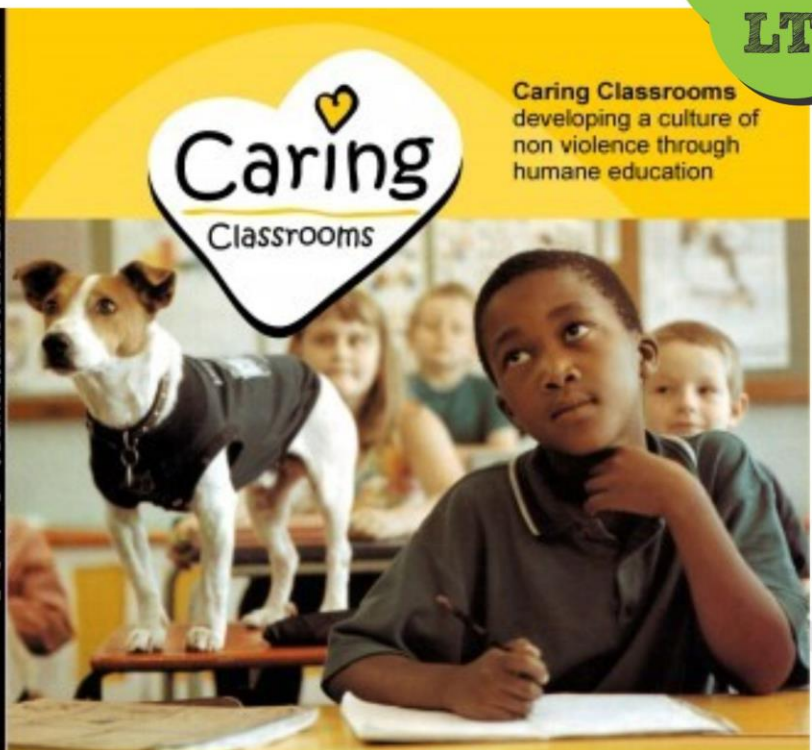


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HUMANE EDUCATION TEACHER'S GUIDE for Grades R - 7

THE HUMANE EDUCATION TRUST



**Caring Classrooms**  
developing a culture of non violence through humane education

# Humane Education **Teacher's Guide**

for **Grades R - 7**  
Life Skills/Life Orientation

Compiled and produced by  
the Humane Education Trust 

Includes  
**CAPS compliant**  
**ACTIVITIES** and  
**recommended**  
**RESOURCES**

## PILOT PROJECT

*By 2016, the USA-based Latham Foundation was prepared to sponsor a two-year Pilot Project at Forest Heights Primary School to assess the impact of humane education on learner behaviour. Principal Mrs Anthea Bosman agreed.*



PILOT  
PROJECT

**1 - Kindness to Animals**

builds compassion and empathy for other living creatures. This is the first and truly foundational step that supports all the other steps above it.

**2 - Kindness to Each Other**

is another important step, guides the interaction between people of the same family or social group.

**3 - Kindness to Other People**

guides the interaction between people of different families or social groups when they meet in a common place.

**4 - Kindness to Our Country**

encourages national common respect for the laws of one's own nation, traditions, and political structure.

**5 - Kindness to Other Nations**

encourages respect for other nations and their unique laws and traditions.

**6 - Kindness to The World**

shows respect for the whole world, for other nations collectively living their varied lives.

<https://www.latham.org/grants/general-information/>



**The Latham Foundation  
steps in humane education**



**PILOT  
PROJECT**

*The purpose of the pilot project was to establish whether the Five Freedoms for Animals, as endorsed by the World Organisation for Animal Health (OIE), should be incorporated as a fundamental learning requirement for all young learners.*

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<https://www.dropbox.com/s/05nq980yqif9nft/Puppet%20show%20-%20Term%201.mp4?dl=0>



# Caring Classrooms

PILOT  
PROJECT

*The project was so successful that in July 2019, it was presented by Humane Education's managing trustee*

***Louise van der Merwe***

*to an international audience at the Summer School of the Oxford Centre for Animal Ethics.*

<https://caringclassrooms.co.za/wp-content/uploads/2021/07/Submission-Louise-van-der-Merwe-Five-Freedoms-Paper.pdf>

THE **HUMANE** TRUST  
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*Says Vivienne:*

**“If we are to produce first-class citizens, we need to reform education.”**



*She tells many stories of how humane education has influenced learner behavior. Among them is this one...*

“On another occasion recently, we unlocked the classroom for the day's schoolwork to begin, only to find a little bird had somehow been shut in all night. It perched on the rail above one of the windows and was clearly traumatised by the sudden surge of 46 children into the room. Before the introduction of the Caring Classrooms programme, I believe the children would have caused pandemonium trying to catch the bird. Instead, they heard me... I said 'sit quietly, I'll open the window, and we will be patient while the bird finds its way out'.



The little bird took a significant amount of time to do this but as it hopped nearer to the open window, one child whispered 'nearly there', as encouragement to the bird. To hear that whisper, all 46 children had to have been as quiet as mice. Then several of the children whispered 'nearly there' with every hop the bird took in the right direction. And we all whooped when it finally flew out.

That 'nearly there' whisper of encouragement was empathy in action across species, and I hadn't seen it before.”

# ONE HEALTH, ONE WELFARE AWARD



Teaching towards universal justice for earth and all her inhabitants

**The Humane Education Trust**  
proudly presents this award to

*Vivienne Rutgers*

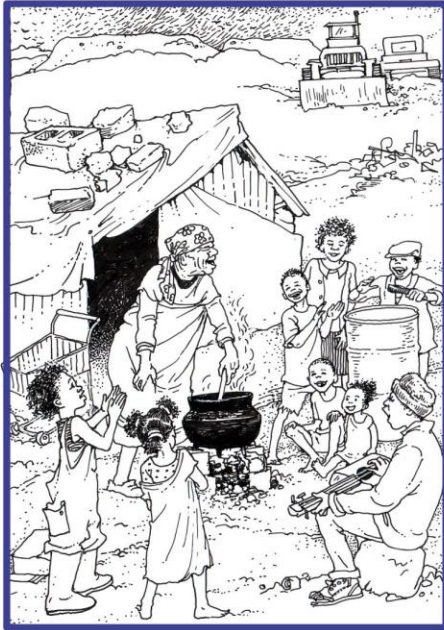
for her *leadership* in teaching humane education

*2021*

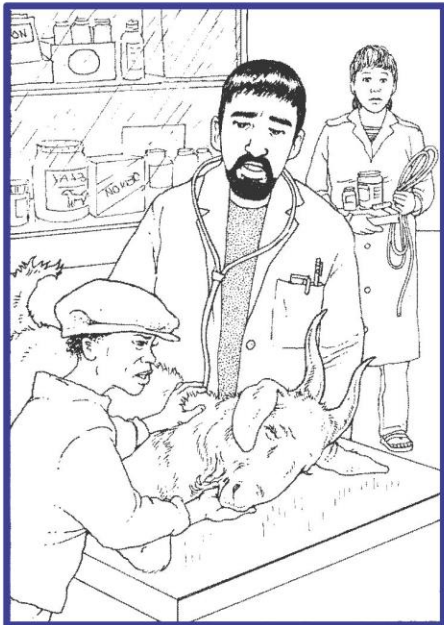
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## Molo, King of the Dump



Read Vivienne's favourite story  
for Grade 3 here....

[https://963b3a57-6ce8-4b8d-bcae-fb27fe81689a.filesusr.com/ugd/22c4ff\\_eb403cc7c15747f182dcbfda21e46724.pdf](https://963b3a57-6ce8-4b8d-bcae-fb27fe81689a.filesusr.com/ugd/22c4ff_eb403cc7c15747f182dcbfda21e46724.pdf)

