

Rights Respecting School Award

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Article and SDG Focusses:



This week, the children explored World Health Day which takes place on 7th April every year. The World Health Day is a global health awareness day under the sponsorship of the World Health Organization, as well as other related organizations. An important organisation, the World Health Organisation, was created by the United Nations on 7 April 1948. The World Health Organisation is also known as the W-H-O. The WHO tells countries what they can do to ensure better health for their people. For example, it was the WHO that advised that children should drink six to eight glasses of water each day – three to four of them while at school. More information about world health day can be found here: <https://www.who.int/campaigns/world-health-day/world-health-day-2019>

To make the children aware of the importance of this day, the children took part in an assembly all about World Health Day, why being healthy is important and how they can be healthy. The children explored the following ways to ensure that they stay healthy:

- Get enough sleep - at least 8 hours sleep a night, as it is during this time that our bodies are building, growing and repairing any damage that may have happened during the day.
- Eat nutritious food - what we eat is the fuel our bodies need to grow. If we want to be healthy, our bodies need the right food.
- Drink plenty of water - two thirds of our body weight is water and so we should try to drink at least 1 litre of water a day.



- Practise good hygiene - germs breed in dirt, so it is important that we keep our bodies clean.
- Regular exercise - our bodies need to be exercised every day, so our muscles and ligaments are stretched and our bones, lungs and heart grow and stay strong and healthy.
- A clean environment
- Health care - all children have a right to health care. In this country, this is usually provided free and starts before we are born. Vaccinations against diseases like measles, whooping cough, polio and TB are free and will keep us healthy.
- Keeping safe - it is up to adults to keep us safe, but it is also up to us to be sensible and not put ourselves in danger. We shouldn't make friends with adults that our parents/carers don't know, and we shouldn't play in dangerous places such as busy roads, on a railway line or near deep water.

The children explored the importance of the above statements, learning that each year more than 11 million children die from the effects of inadequate nutrition or disease.

In addition to this assembly, Newsround covered a number of topics surrounding health this week, including making reference to air pollution as a factor affecting health in the UK. If you wish to talk to your children at home about what they have been exploring, here is a link to some of the Newsround articles they may have seen:

<https://www.bbc.co.uk/newsround/47779695>

<https://www.bbc.co.uk/newsround/46860947>