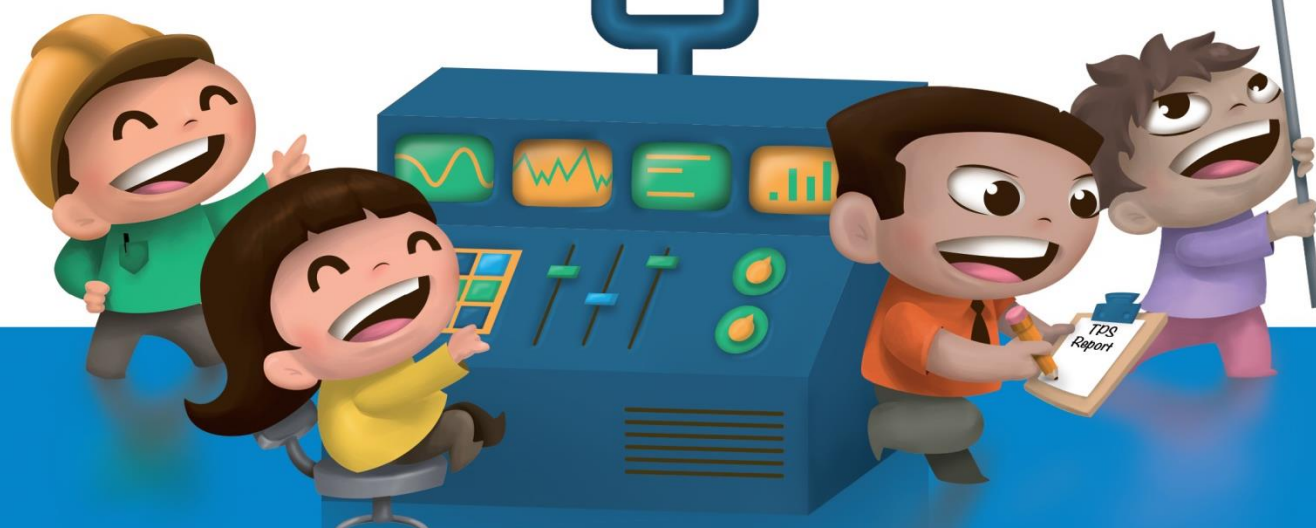


Games



Activities

Quizzes



Information Pack for Schools

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Introduction

This unique website is the first NHS website that has been created especially for children to learn about staying healthy and looking after their health. The website features games, videos, and interactive content - written by experts from across NHS services including school nursing, health improvement, smoking cessation, dietetics, paediatricians, and mental health. Separate sections for parents and teachers provide further advice.

Margaret Clarke, Lead School Nurse at Leicestershire Partnership NHS Trust, said: "Health for Kids is a fun educational website from the school nursing service. Our health specialists have written the content in a way they hope the children will find interesting. The children involved have found it to be a fantastic learning opportunity for them, as we've all watched our ideas come to life."

www.healthforkids.co.uk

How you can use this pack and resource materials

This resource pack has been made to help school staff use the website with children and to inform their parents, of its benefits. In here you will find more information about the content, layout and characters within the site as well as a number of ideas and tips on how you could introduce children to the site at school.

Your local school nurse team may have a number of promotional materials they could share with you such as bookmarks, posters, letters for parents. Please get in touch if you'd like more information.



Website content

Health for Kids is presented to children through four themed worlds. Each world presents health advice through fun facts, quizzes, games or films.



Rumble in the Jungle –
staying healthy



Water World - feelings



Space World - illness



Magical World – getting
help



There are friendly characters to help along the way:



Zak



Factbot



Tara



Maggie

- Zak gives ideas for additional learning activities children can do with their parents/carers
- The Factbot provides interesting health facts
- Maggie the school nurse has useful health tips
- Tara tests you with fun quizzes to keep you on your toes!



Games

www.healthforkids.co.uk/games



Poop Shooter

Stop the alien from becoming constipated by clearing up space food in its belly and collecting as many poo points as you can before the poop-o-meter runs out!



Lanterns

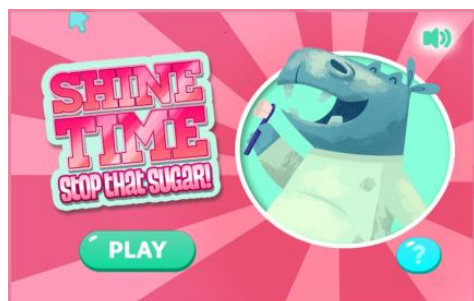
A therapeutic game giving children the chance to write down how they are feeling in an artistic way and encouraging them to share feelings with others.



Knight Nurse

This gives children a chance to be a school knight nurse and treat the problems of our mythical patients.





Shine Time

Get ready to stop that sugar through 6 tooth brushing rounds! Teaching children the need to brush all the germs away!



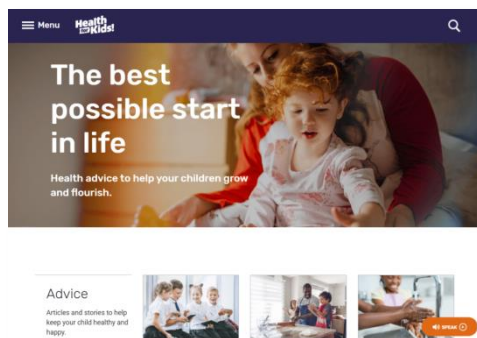
Micro Doctor

This gives children a chance to be a micro doctor, avoiding all germs whilst also answering questions to get more points!

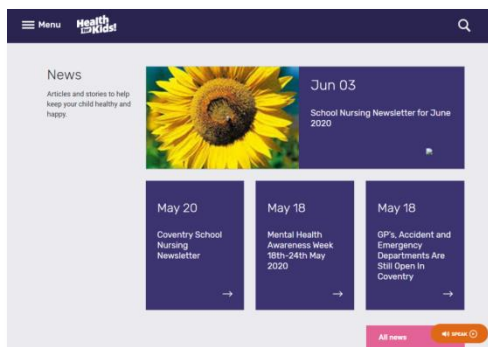


Grownups area and local information

www.healthforkids.co.uk/grownups



The website also includes a Grown-ups area with news and advice for parents/carers to help them keep their child healthy and happy.



It includes localised information from where you are, including news, announcements, local services and locally produced articles on children's health.



Look up details of the school nurse teams which cover your school and their contact details.



Activity and competition ideas

There are plenty of activities you can do with children to introduce them to the website. Here are a few ideas:



Poop Shooter

You could upload the poop shooter game onto a laptop screen and project and play it live with an audience, taking turns to complete.

Challenge a volunteer from the audience to see if they can get themselves onto the scoreboard to become the 'ultimate poop shooter'

Just like the red pepper, green pepper challenge, you can use the same concept to introduce audience participation. Below are icons from the game. Each one could be printed and laminated onto 3 separate sheets to give to each child.

Upload the game onto a laptop screen and project and play the game live. As you are playing you can ask the children to play along by holding up the correct icon.



Knight Nurse



Lanterns

You could demonstrate this game to children and then ask them to write down how they feel on a post-it. The post 'it's could then be stuck onto a feelings tree or wall.

This is a great way to demonstrate to children how sharing feelings with others is important and can actually make them feel better.

There's a number of resources to help talk to children about coronavirus, including information for children and grownups.

You will find a list of fun and interactive resources are listed to support children's learning and take part in physical activities.





Jungle Boogie

To help children stay fit and healthy we have developed our very own 'jungle boogie' Zumba video. You can play this video with children and ask them to join in and copy the moves.

Why not ask them to do their own freestyle dance moves after you've played it to continue the fun! You could even have a little dance competition and pick winners. Reward them with one of the branded giveaways.



Health Quiz

To help children explore all sections of the website, we have produced a health quiz that you can print off and use (please see page 11).

You could do this by splitting the children into groups and asking them to fill out the quiz as a team. All the answers can be found by searching the website. Why not offer a prize to the winning team?



YouTube Video

There is a video tour of the website on YouTube:

https://www.youtube.com/watch?v=8cey2G_H7g4. You could project this video at events and have it replaying in the background for your audience.

This will allow people at your event to have a quick view of the website features.



Health for Kids Health Quiz

Staying Healthy

1. **Looking after your teeth:** How often does your toothbrush need to be changed?

☐ Every 2 weeks
 ☐ Every 3-4 months
 ☐ Every year
2. **Eating Healthily:** How many portions of fruit and vegetables should you eat every day?

☐ 1
 ☐ 5
 ☐ 10
3. **Washing your hands:** How many times should you be able to sing 'Happy birthday' to make sure your hands are really clean?

☐ 1
 ☐ 2
 ☐ 7
4. Which has more germs?

☐ A kitchen sink
 ☐ A toilet bowl

Illness

5. **Being sick:** how long is the longest projectile vomit ever recorded?

☐ 2 metres
 ☐ 8 metres
 ☐ 100 metres
6. Problems with wee: How many glasses of water should you be drinking a day?

☐ 1-3
 ☐ 6-8
 ☐ 10-12
7. **Sneezing, coughs and colds:** how fast do sneezes travel from your nose?

☐ 10 miles an hour
 ☐ 50 miles an hour
 ☐ 100 miles an hour



Feelings

8. Tell us something about you that makes you feel happy:

.....

.....

.....

Getting Help

9. **The doctor:** which activity makes your heart rate faster?

- ☐ Running
- ☐ Walking
- ☐ Sitting watching TV

10. **What a School Nurse does:** Which of the following can a school nurse help you with?

- ☐ When you've hurt yourself
- ☐ When you feel ill
- ☐ When you need someone to talk to
- ☐ All of these

We hope you have found this pack useful and will enjoy promoting the website with the children in your schools. If you have any queries please contact your local school nurse for more information.

