

Tuesday 8 th November	<p><u>5 Ways to wellbeing</u></p> <p>Can you remember them? Stay active, giving, take notice, learning and connecting. Why are these so important?</p> <p>Which one do you think you could work on and pay extra attention to this week? Set yourself a target, you can tell your partner/ the group and see if you can achieve it this week!</p> <p><u>Being Active- World Cup Week 28th November</u></p> <p>The Men's Football World Cup starts on 20th November until the 2nd December and it will be in Qatar. There are groups A to H made up of 4 teams in each group. England is one of them along with Wales!</p> <p>The week of the 28th November these things will be happening:</p> <ol style="list-style-type: none">1) Each class will be allocated a country to learn about and you will do an activity about it during the week.2) There will be a mixed year 3/4 (Tues pm) and then 5/6 tournament (Weds pm). You can sign up to this by telling your sports leader in your class to write your name on the sign up sheet when they ask.3) There will be a penalty shootout against a member of staff at lunch times4) There will also be some football skills you can learn on the pitch at lunch times5)KS1: Sports Leaders will do some football skill games in your afternoon play.6)The Friday of that week, 2nd December, you can dress up in the colour of your country! <p>It should be a very exciting week!</p> <p><u>Rights Respecting</u></p> <p>What is our RRSA Outright campaign focus this year?</p> <p>This year's campaign is all about children and young people's right to the best possible health and the systems that support it.</p> <p>Recap- What is a health system?</p> <p>Health systems are made up of the people, organisations and resources that look after everyone's health.</p>
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In the last session we explored some of the obstacles that keep people, including children, from accessing healthcare they need. Sometimes these obstacles are physical barriers – for example, in some places there may be no clinic or hospital to go to. At other times, people can be excluded from getting the care they need just because of who they are. What is this an example of? This is called discrimination.

Discrimination means treating someone differently because of how they look, where they come from, what gender they are, what language they speak, what their religion is, who they love, the colour of their skin or the ethnic group they come from, or if they experience any different abilities. Children are sometimes also treated differently because of who their parents are or even where their parents came from.

Which articles say discrimination shouldn't be allowed to get in the way of children's rights?

Article 2- All children should have their rights respected without discrimination.

Article 23: Every child with a disability should enjoy the best possible life in society. Governments should remove all obstacles for children with disabilities to become independent and to participate actively in the community. **Discuss what this means.**

How do you think health systems could change, or be stronger, to make sure everyone gets the care they need?

Do you remember the difference between equity and equality?

Share the poster and discuss the difference. (Equality means each individual or group of people is given the same resources or opportunities. Equity recognizes that each person has different circumstances and allocates the exact resources and opportunities needed to reach an equal outcome).

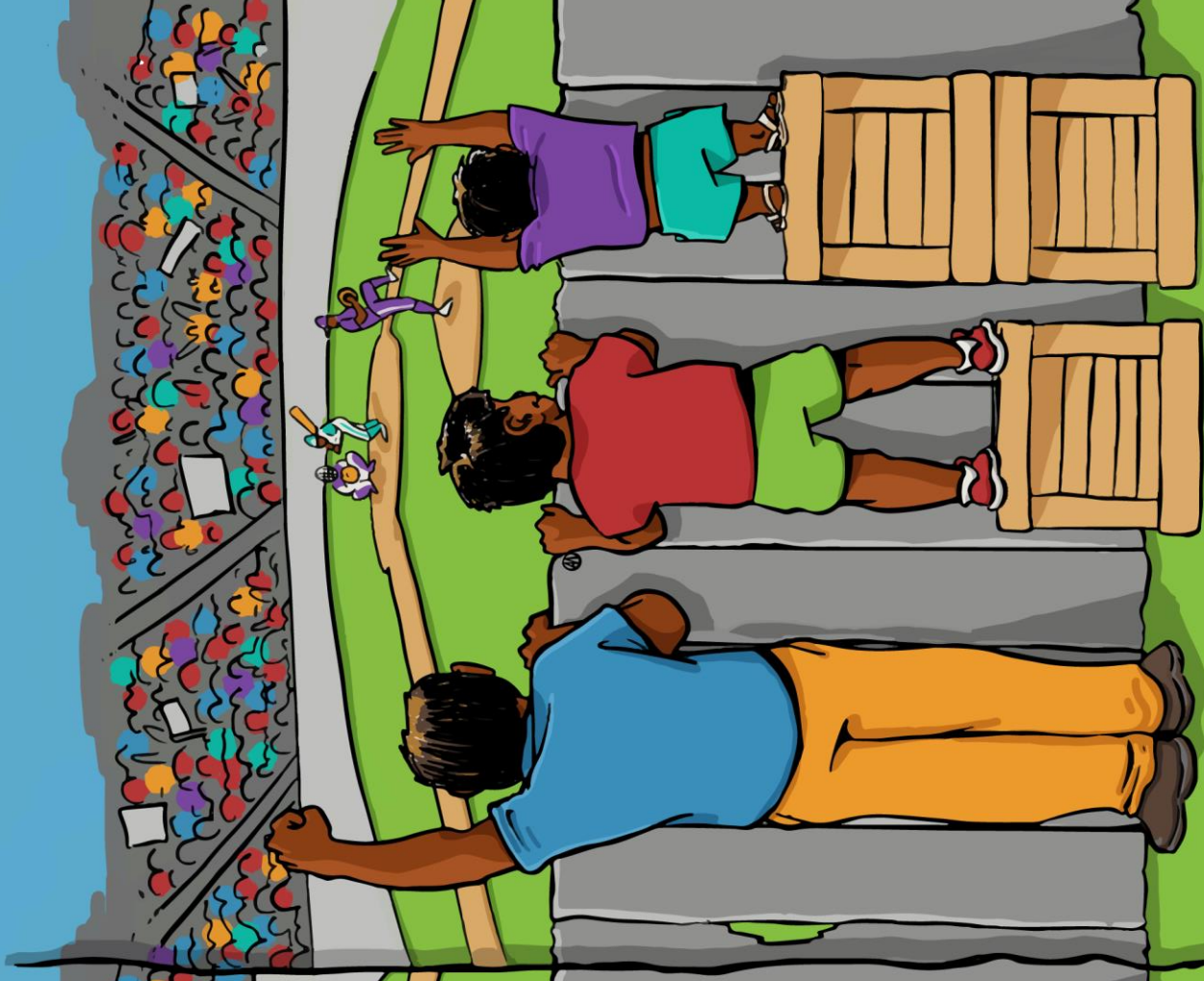
'Health equity' means that everyone has a fair and just opportunity to be as healthy as possible

Everyone has the same right to be as healthy as possible, but some children who face discrimination or disability might need more access to healthcare in order to be in, and stay in, good health. Equality means that everyone gets the same treatment.

Summary- Health equity means that everyone has a fair chance to be as healthy as possible.

Thank you 😊

EQUITY



EQUALITY



