

<p>Tuesday</p> <p>18th October</p>	<p><u>5 Ways to wellbeing</u></p> <p>Can you remember the five different ways to wellbeing? Can you think of things that you have done this term to try and achieve these?</p> <p><u>Examples</u></p> <p>Learning- What new things have you learnt in your new class?</p> <p>Take notice- Have you tried to spend less time gaming/ ipads/ computers and more time with your family or doing other activities?</p> <p>Giving- How have you shown kindness to someone this week?</p> <p>Be active- What do you do to stay fit and healthy? Have you tried any new activities in the playground?</p> <p>Connecting- Have you made the time to connect with different people? Can you give an example?</p> <p><u>Rights Respecting</u></p> <p>Think back to last week- 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><u>Recap- What is a health system?</u></p> <p>Health systems are made up of the people, organisations and resources that look after everyone's health.</p> <ul style="list-style-type: none"> - Doctors, midwives, dentists, community health workers, psychiatrists and occupational therapists. Can you think of anymore? - The places they work, like hospitals, clinics, GP surgeries and more. - The equipment they use, and the medicines they prescribe for us. <p>These are all part of health systems.</p> <p>Discuss: Can you think of a time when you or someone you know needed to use the healthcare system in your community?</p> <p>Looking at your own map (print map attached or put google maps on IWB), ask the group to think about how they think the health system works in our community.</p> <p>Discuss- Where are the places they go to or might go to for healthcare? Who are the providers of health services they know of? Where are they located? Which ones can they see on the map? Which ones are missing?</p> <p>Prompt children to think about what they pass when they're on their way to school, the shops, or the park. Where's the hospital? The doctor? The optician? The dentist? The pharmacy?</p> <p>We are so lucky to have access to all these health systems. Do you think all children have access to these?</p> <p>Thank you 😊</p>
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