



HEALTH AND PREVENTION

We all love sitting out in the sunshine whilst on holiday and indulging in an ice-cream or staying up late to watch our favourite T.V. show. This may result in falling into bed without brushing our teeth or skipping a shower but have you really thought about what could happen if these behaviours became a habit?



KEEPING SAFE IN THE SUN

We all love the summer and long hot sunny days, but it can be extremely dangerous without taking the necessary precautions. Too much sun can lead to sunburn. Sunburn looks bad and feels even worse! Sunburn is extremely painful and sore. Ouch! Too much sun can also cause heat exhaustion. This happens when your body cannot cool itself down fast enough. It makes you feel tired and weak; it can even cause you to collapse. Sun stroke is a more serious illness. Your skin feels hot but your body feels cold. You will feel sick, develop a headache and could even end up in hospital. In adulthood, too much sun over time can cause your skin to become wrinkly when you get older. Worst of all, it can lead to skin cancer. This is why you need to be careful and enjoy the sun safely. To do this you should follow these easy steps:

1. Always wear a high factor sunscreen (such as Factor 50). Remember, when playing in the water, to re-apply your sunscreen, even if it is waterproof.
2. Make sure you take breaks from the sun. When possible, play in the shade and not the direct sunlight.
3. Always wear UV protection sun glasses. These will protect your eyes and you will look really cool!
4. Drink plenty of water. On hot sunny days you tend to sweat more. Your body needs replenishing to stop you getting de-hydrated.

The sun does not have to be your enemy if you follow these simple rules. Remember if you do feel ill when playing in the sun to tell an adult.

SUFFICIENT SLEEP

Sleep is more important than you think. Just think about your busy day, school, playing with your friends, playing sports or other activities, and more importantly doing your homework! By the end of the day your body needs a tiny vacation.

Lack of sleep can make you feel groggy, when you feel like this you're not at your best. You will feel moody and tired. It might be hard to pay attention or follow directions. School work may feel impossible; you may feel clumsy and awkward.

Your body and your brain need sleep. Whilst you are asleep your brain sorts through and stores information, replaces chemicals, and even solves problems while you snooze.

One more reason to get enough sleep. If you don't get enough, you may not grow as well. Too little sleep can affect growth and your germ-fighting immune system, which keeps you from getting sick.

Here's some top tips to help you catch all the ZZZs you need.

1. Try to go to bed at the same time each night. This helps to train your body and get into a good routine.



2. Take a warm bath or read a book instead of playing video game or watching T.V. as this makes it hard to fall asleep.
3. Don't have drinks with caffeine in them before going to bed. These include, coffee, tea and even some fizzy drinks.
4. Don't watch scary T.V. shows or movies close to bedtime.

If you have good quality sleep, you will feel more alive and will be able to do the things you love!

DENTAL HEALTH



Everyone needs to look after their teeth. Why is it so important? Our teeth have to last us a lifetime and no-one wants to end up wearing dentures.

After you eat, the bacteria in our mouth breaks down sugar on our teeth into acids that eat away at tooth enamel, this causes tiny holes called cavities. Unfortunately, if these cavities are left long enough, it may result in having to have the tooth pulled out. Cavities cause toothache (which can be extremely painful!)

To prevent cavities you need to remove the plaque from our teeth. This is why we need to brush our teeth twice a day. Brushing also keeps our gums healthy and prevents gum disease.

Brushing is important but it doesn't remove plaque or food from between your teeth. You need to floss these spaces at least once a day if possible.

You can help keep your teeth healthy by eating less sugary foods but it is hard to cut out these foods completely. Follow these simple rules.

1. Eat these foods with a meal instead of snacking in-between meals.
2. If you can't brush your teeth rinse your mouth with water or sugarless gum.
3. Visit your dentist every six months. This way they can stop any tooth decay before it's too late.

GRUESOME GERMS

Personal hygiene is how you care for your body. Including bathing, washing your hands and brushing your teeth.

There is a group of tiny invaders that can make our bodies sick – they are called germs. They are so small and sneaky that they creep into our bodies without being noticed. We don't know they are there until we have symptoms that say we have been attacked. We can protect ourselves from germs by quality handwashing. Always use soap and make sure you wash the palms of your hands and in-between fingers too. Do this after each time we cough and sneeze, before preparing foods and using the bathroom. Always cover your nose and mouth when you cough to stop germs from spreading and use a tissue whenever possible. Luckily, we have medicines and a great National Health Service (The NHS) in England. There are medicines called antibiotics and penicillin which are usually prescribed to attack germs and quickly make us feel better.

It is also important to keep our bodies clean by taking regular showers to keep our skin healthy, make us feel nice and stop us leaving a smelly aroma behind!

IMMUNISATION AND VACCINES

Vaccines help your immune system to identify a disease. Once it knows what it is dealing with, it will create antibodies ready for when the real disease takes over. These antibodies will work to fight it off and you will be



immune (this means you won't catch it). They prevent around 2.5 million deaths each year. The first ever vaccine was made in 1796 to prevent smallpox created by English physician Edward Jenner. The last recorded case of smallpox was in 1997.

You can get a vaccine in lots of different ways. Injections, orally in your mouth or through inhaling it through your nose. Babies get their first vaccine when they are only 8 weeks old, these protect them from measles, rubella, tetanus and meningitis. Animals can also get vaccinated too! This will protect your cat or dog from picking up any illnesses.

MORE INFORMATION

<https://kidshealth.org>

EXAMPLE QUESTIONS:

5 questions the children can use for their revision.

1. If you don't consume enough water when out in the sun you will become what?
2. What is the name of the ingredient which we find in some drinks which prevent you from sleeping?
3. What is the name of the bacteria which causes tooth decay?
4. Name one of the jobs your brain does whilst you are asleep.
5. What is the serious condition called when you catch too much sun?