



PSHE PROGRAMME

Flexible sessions that
can be adapted to
your schools
requirements



Heartbeat's PSHE
workshops can be as
big or as small as you
like



A range of school
workshops for children
from nursery to year 6



A mixture of
interactive
demonstrations and
hands-on activities



There is growing evidence that your early years can have a bearing on your chances of developing cardiovascular disease later in life.

Lack of physical activity and eating a diet rich in fat (bad fats) and sugar based foods are the main reasons for an alarming rise in childhood obesity in the UK. If current rates continue 9 out of 10 children could grow up with dangerous amounts of fat in their bodies, placing them at risk of developing life-threatening diseases later in life, such as cardiovascular disease and diabetes, or stroke.

Healthy habits start in childhood!

PSHE workshops

Heartbeat's PSHE workshops are designed to support schools when teaching pupils about the body and healthy living.

Many of the schools we visit choose us because they are running a Healthy Schools/Science Week and are looking for activities and resources to support their special week. Our PSHE workshops fit perfectly as our activities and resources help schools to teach the healthy living elements of the Science and PE curriculum (with cross-curricula links) and PSHE framework.

Bring your Science, PE & PSHE Curriculum to life

Our workshops can be a great way to celebrate, have fun, fundraise, and bring your school and a local charity together. We aim to teach as many children about making the right lifestyle choices now and how those small changes will develop into habits that improve their future. We do this by giving children the facts and information they need in a fun, memorable way that allows them to make informed decisions.

Heartbeat's workshops can be as big or as small as you like, from a single class/assembly to an event for all the school.

Our workshops

We offer 4 main workshops details of each can be found on the continuing pages. For further information and to book your visit please contact our Training and Education Development Officer – Siân Percival-Edwards on 01772 717147 or email sian@heartbeat-nwcc.org.uk.

Our prices

£50 for 2 workshops or £200 per day (travel expenses of 45p per mile are additionally charged if outside of a PR postcode).

WHAT IS UNDER MY SKIN? - MY BODY



AGE SUITABILITY:
RECEPTION – YEAR 6



DURATION: 30-60
MINUTES



EQUIPMENT REQUIRED -
PENCILS

RECEPTION	YEAR 1 & 2	YEAR 3 & 4	YEAR 5 & 6
<p>This session explores the body and “What lives under the skin” how the organs work and what they look like.</p> <p>Children will complete a worksheet which encourages children to know the location of the major body parts.</p>	<p>This session explores the body and “What lives under the skin” how the organs work and what they look like.</p> <p>Children will complete a workbook in which they will be asked to draw and label the major human body parts and be able to describe what they do.</p>	<p>This session explores the body and “What lives under the skin” how the organs work and what they look like.</p> <p>Children will complete a workbook in which they explore in detail each body part, its location and function. Included is the digestive , circulatory, respiratory, skeletal and muscular system.</p>	<p>This session explores the cardiovascular system, giving children an understanding of its components with a specific focus on understanding how to keep their heart healthy.</p> <p>Cardiovascular disease is explored along with its risk factors with a focus on making ‘healthy choices’.</p>
30 minutes	45 minutes	45-60 minutes	45-60 minutes

MINI MEDICS



AGE SUITABILITY: YEAR 4-6



DURATION: 1-3 HOURS DEPENDING ON THE SYLLABUS



EQUIPMENT REQUIRED - HALL, PROJECTOR, SCREEN & PENCILS.

COURSE

A range of subjects are covered including: What is First Aid?, first aid kits, recovery position, choking, resuscitation(CPR), wounds and bleeding, asthma, shock, safety and communication and contacting the emergency services.

ASSESSMENT

This is a non-regulated qualification and attendance is all that is required. Optional test/quizzes are available in the form of a worksheet if required.

CERTIFICATION

A certificate of attendance is included with the Mini Medic book as a 'cut-out' for the child.

NUMBERS

A maximum of 30 children can be accommodated on this course and ideally, all children should be a minimum of 9 years of age.

FARM TO FORK

UNDERSTANDING
FOOD



AGE SUITABILITY: YEAR 3-6



DURATION: 45-60
MINUTES



EQUIPMENT REQUIRED -
PENCILS

A major focus of the primary PSHE curriculum is healthy eating: what are the main food groups? What constitutes a 'balanced' meal? What effects do different nutrients have on the body? To help answer these questions and more, Heartbeat's Understanding Food workshops will help your pupils to understand the value of different foods and how to make informed choices about what they put into their bodies.

YEAR 3 & 4

YEAR 5 & 6

This session will explore the digestive system and its components, children will learn about the journey of a cheese sandwich. Sources of food will be explored and children will look to identify the sources of some of their favourite food items. Children will be introduced to the eat well guide and learn about the different food groups.

This session will recap the components of the digestive system and the role of food for the body's development. Discussions will include the importance of macro and micro nutrients for health.

WHAT IS IN MY DRINK?



AGE SUITABILITY: YEARS
4-6



DURATION: 30-60
MINUTES



EQUIPMENT REQUIRED -
CALCULATORS &
PENCILS

According to the World Health Organisation (WHO), the intake of free sugars, particularly those from sugar-sweetened beverages, poses a significant challenge to health. This sentiment is echoed by the British Medical Journal, who recently warned that the amount of sugar contained in fruit drinks marketed at children is unacceptably high.

Children are having nearly three times more sugar than they should, and according to the NHS, sugary drinks account for 30% of the sugar present in the diets of children!

This workshop takes the form of a discussion and activities that demonstrate getting to grips with the ingredients within some of the most popular drinks marketed to children.

Nutritional labels will be examined and children will calculate various nutritional values of the example drinks. The workshop will then look specifically at sugar content, explore the dangers of a diet rich in sugar, finally children will be given the opportunity to weigh out the amount of sugars within some drinks.

Testimonials

“Our pupils very much enjoyed the experience and it was fantastic to see them engaged and learning something new. The whole day was an overwhelming success”.

Emma Birks, Preston Muslim Girls High School

“Year 5 enjoyed a visit from Heartbeat, where we learnt about the heart and how to keep it healthy. We looked at the model of a heart, what fat looks like inside our bodies, what blocked arteries might look like if we chose to have an unhealthy diet and we also weighed out portions of cereals and worked out the sugar content in our bowls. All this is helping in our science topic: Keeping Healthy”.

Claire Panther, Medlar with Wesham Primary School

SCHOOLS AED PACKAGES

Is your school prepared if sudden cardiac arrest (SCA) strikes a student, staff member or visitor? Sudden cardiac arrest strikes people of all ages and fitness levels, usually without warning.

- ♥ Four times more women die as a result of a heart attack than they do from breast cancer
- ♥ Every minute that the heart is not beating lowers the chances of survival by 7-10%
- ♥ 70% of cardiac arrests occur outside of the hospital environment
- ♥ About 95% of sudden cardiac arrest victims die before reaching the hospital
- ♥ As many as 12 young people die each week as a result of sudden cardiac arrest (SCA)



Automated
External
Defibrillator
(AED)

From £799

Familiarisation training

Although AEDs are designed to be used by anyone, a familiarisation session can give people confidence if they ever find themselves in a situation where they need to use one.

From £99 per session

Example PSHE day

Your PSHE day can be tailor made to your school day, a typical example of the day:

Time	Class	Workshop
9:00-9:45 (45 min)	Yr3	<i>WHAT IS UNDER MY SKIN? or UNDERSTANDING FOOD WORKSHOP</i>
9:45-10:30 (45 min)	Yr4	<i>WHAT IS UNDER MY SKIN? or WHAT IS IN MY DRINK? or UNDERSTANDING FOOD WORKSHOP</i>
10:45-11:15 (30min)	Reception	<i>WHAT IS UNDER MY SKIN? – MY BODY WORKSHOP</i>
11:15-11:45 (30min)	Yr1	<i>WHAT IS UNDER MY SKIN? - MY BODY WORKSHOP</i>
12:45-1:15 (30min)	Yr2	<i>WHAT IS UNDER MY SKIN? – MY BODY WORKSHOP</i>
1:15-2:10 (55min)	Yr5	<i>WHAT IS UNDER MY SKIN? or WHAT IS IN MY DRINK? or UNDERSTANDING FOOD WORKSHOP</i>
2:15-3:10 (55min)	Yr6	<i>WHAT IS UNDER MY SKIN? or WHAT IS IN MY DRINK? or UNDERSTANDING FOOD WORKSHOP</i>

2017/2018 dates

2017 and 2018 dates are now available, please email sian@heartbeat-nwcc.org.uk or call 01772 717147 to book your day.

About us...

Heartbeat was founded in 1978 by a Preston couple, in memory of their teenage daughter who died from coronary illness. They recognised the need to support and enhance existing cardiac rehabilitation programmes, so fundraising began and Heartbeat was born.

Since then, Heartbeat has steadily grown into a much-respected local charity valued by the community and healthcare professionals.

Heartbeat is a local heart charity based in Preston. We support people who have been affected by heart disease or those who are at high risk of developing it.

We are committed to the fight to reduce the impact of heart disease in all our communities within the North West through rehabilitation, information and advice, education, and lifestyle support.

Our vision is for all people affected by coronary heart disease in the North West to have access to support and services which enables them to rebuild their lives.

Every week we support over 800 local people through our cardiac rehabilitation programmes in Preston and further afield.

Cardiovascular disease is currently the UK's biggest killer

- ♥ On average, 200 people die every day from cardiovascular disease
- ♥ Heart disease kills three times as many women as breast cancer
- ♥ There are around 124,000 heart attacks in the UK every year
- ♥ In the UK, there are 2.5 million people living with heart disease
- ♥ Lancashire has the 2nd highest prevalence of heart disease in the UK

It is likely we all know someone affected by heart disease
Here in Lancashire 1 in 4 people are affected

Heartbeat North West Cardiac Care, Sir Tom Finney Way, Preston, Lancashire, PR1 6PA
www.heartbeat-nwcc.org.uk sian@heartbeat-nwcc.org.uk 01772 717147

Registered charity number 1168850 a company limited by guarantee, registered in England and Wales, company number 10195311