

Health education

- Primary School -programme

TELL ME AND I FORGET

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TEACH ME AND I REMEMBER

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INVOLVE ME AND I LEARN

Benjamin Franklin

HEALTHY HABITS START IN CHILDHOOD!

Bring your Health Education (PSHE) curriculum alive.

Our Health education workshops are extremely hands-on with minimal teaching from the front and maximum pupil participation.

What we do …

* Heartbeat specialises in health-related learning activities through workshops for schools, across all key stages
* All our workshops are closely linked to the National Curriculum
* Our aim is to expand a child’s learning experience so that they can take what they have learned back into the classroom where the learning process can continue
* An interactive, educational, fun day for your school to remember with bespoke service tailored to your needs

Our workshops

We pride ourselves on being able to strike a perfect balance between education and enjoyment but most of all we want you and your children to enjoy the workshop as much as we will enjoy delivering it.

Workshops are stimulating and engaging with the key messages about making good decisions and being able to act on them.

KNOWLEDGE (+ SKILLS + ATTRIBUTES) = POWER!

By working with Heartbeat not only will your pupils benefit from specialist knowledge but by booking with us you will directly supporting our charity who provide support for over 1000 people every week who have suffered from heart attacks, strokes and other cardiovascular diseases.

For further information and to book your visit please contact Siân Percival-Edwards on 01772 717147 or email sian@heartbeat-nwcc.org.uk.

Our prices

£250 per day.

Fully adaptable timetable to suit your school day, (travel expenses of 45p per mile are additionally charged if outside of a PR postcode).

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| **Reception** | **Year 1 & 2** | **Year 3 & 4** | **year 5 & 6** |
| This session explores the body and “What lives under the skin” how the organs work and what they look like.  Children will complete a worksheet which encourages children to know the location of the major body parts. | This session explores the body and “What lives under the skin” how the organs work and what they look like.  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. | This session explores the body and “What lives under the skin” how the organs work and what they look like.  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. | 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.  Cardiovascular disease is explored along with its risk factors with a focus on making ‘healthy choices’. |
| 30 minutes | 45 minutes | 45-60 minutes | 45-60 minutes |

**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.

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. |

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](http://www.zoll.com/resources/sudden-cardiac-arrest/) strikes people of all ages and fitness levels, usually without warning.

* Four times more women die because 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)

Example Health Education day

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

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| Time | Class | Workshop |
| 9:00-9:45 (45 min) | Yr3 | *WHAT IS UNDER MY SKIN?* or *UNDERSTANDING FOOD WORKSHOP* |
| 9:45-10:30 (45 min) | Yr4 | *WHAT IS UNDER MY SKIN?* or *WHAT IS IN MY DRINK?* or *UNDERSTANDING FOOD WORKSHOP* |
| 1045-11:15 (30min) | Reception | *WHAT IS UNDER MY SKIN? – MY BODY WORKSHOP* |
| 11:15-11:45 (30min) | Yr1 | *WHAT IS UNDER MY SKIN? - MY BODY WORKSHOP* |
| 12:45-1:15 (30min) | Yr2 | *WHAT IS UNDER MY SKIN? – MY BODY WORKSHOP* |
| 1:15-2:10 (55min) | Yr5 | *WHAT IS UNDER MY SKIN?* or *WHAT IS IN MY DRINK?* or *UNDERSTANDING FOOD WORKSHOP* |
| 2:15-3:10 (55min) | Yr6 | *WHAT IS UNDER MY SKIN?* or *WHAT IS IN MY DRINK?* or *UNDERSTANDING FOOD WORKSHOP* |

Please email [sian@heartbeat-nwcc.org.uk](mailto:sian@heartbeat-nwcc.org.uk) or call 01772 717147 to discuss and 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

**Heartbeat North West Cardiac Care, Sir Tom Finney Way, Preston, Lancashire, PR1 6PA**

[**www.heartbeat-nwcc.org.uk**](http://www.heartbeat-nwcc.org.uk/)[**sian@heartbeat-nwcc.org.uk**](mailto:sian@heartbeat-nwcc.org.uk) **01772 717147**

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