



Picture News

What's going on this week?

A virus named the coronavirus has started to spread from China. Previously, it had never been seen in humans before and it is spreading more widely to different parts of the world. It's called a coronavirus because, under the microscope, it looks like lots of little crowns. It is thought the outbreak started in Wuhan, China. The virus is a respiratory virus which means it can affect people's breathing and lungs. Like a cold, it can be spread by coughing and sneezing. Governments around the world are starting to take action to contain it. In the UK, the risk is considered low and people who fly into airports here, from affected areas, are being checked out.

Main question:

Who should decide what's best for our health?

Listen, think, share

- Look at this week's poster and ask if anyone has heard about the coronavirus, talk about what we know. Explain that it has been in the news because it is a new virus found in humans, it was found only in animals previously. It started in China and has now spread to other places.
- Explain that in Wuhan (where it's thought the virus started) the government have decided to stop all travel in and out of the city. They started this just before Chinese New Year – which is the most popular holiday in China, so lots of families weren't able to see each other. Do you think this would have been hard?
- Look at the assembly resource, which explains what quarantine means and how a city is quarantined. Talk about how we think it would feel to live in Wuhan at the moment.
- Watch this week's useful video, which talks about a mask shortage in China. Talk about what it might be like to be required to wear a mask. Do you think it is a good idea to help try to reduce the virus spreading?
- Talk about the things that we do to try to stop illnesses from spreading, e.g. keeping things clean, washing our hands. Talk about times when we may have been ill with a cold, did others around us have colds too? Explain that often colds and flu will be quite easy to catch and can spread.

Reflection

Trying to stay healthy is everyone's responsibility. We can aim to eat a balanced diet and keep fit as much as possible ourselves. To stop illnesses spreading, we may stay off school when ill, or in places where an illness may be spreading quickly, governments may step in and ask people not to travel unless they must, and suggest wearing a mask covering their mouth when they do.



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KS1 Focus

Question:

Who helps us stay healthy?

Listen, think, share

- Write the word 'healthy' on the board. What does it mean? Explain that it means our bodies and minds are in a good condition.
- Discuss some of the things we might do to ensure we remain healthy e.g. exercise, eating the right foods, getting enough sleep.
- Think about if there has ever been a time when we may not have been healthy e.g. if we were ill, hurt an ankle, had a headache because we were tired. What did you do? Did anyone help you to get better?
- Look at resource 1, which shows examples of some of the people who help to keep us healthy. Do any of these people help you or have they helped you in the past? Can you think of anyone else who might help you keep healthy?
- Focus on the picture of the doctor. Have you ever visited the doctor? What was it like? How did it make you feel? Did they help you get better and feel healthy again?
- Think about whose job/responsibility it is to make sure we are healthy. Is it your own responsibility or someone else's or is it more than one person's?

Reflection

We are lucky to have so many people who care for us and want to help us remain healthy. It is important we take some responsibility too so we can keep our minds and bodies healthy and feeling good!



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KS2 Focus

Question:

Why do we have the World Health Organisation?

Listen, think, share

- Ask if anyone has heard of the World Health Organisation (WHO). What do you think they might do?
- Explain that the main aim of WHO is 'Better health for everyone, everywhere'. Do you think it is possible for the world to work together to achieve this?
- Look at resource 2, which provides more information about WHO. Do you think it is a valuable organisation? Do you have any further questions or things you would like to find out?
- Explain that WHO's definition of health is 'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'. Do you agree with this? The definition has been in place since 1948 and hasn't been changed. Does this surprise you? Why?
- Have you ever celebrated World Health Day, which marks the formation of WHO on 7th April, 1948? How old is WHO?
- Look at WHO's goal and their values. What is the difference between goals and values? What are your goals and values?

Reflection

The World Health Organisation has values and goals, as do many people. WHO are there to help everyone, everywhere be healthy, keep the world safe from illness and disease and protect the vulnerable.



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KS2 Follow-up Ideas

Option 1: Record WHO's definition of health on the board 'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'.

- What do the words physical, mental and social mean?

Share ideas about ways we could keep ourselves in a state of physical, mental and social well-being.

- Do you think what might help one person's physical, mental or social health will always be the same as someone else's?

Create a 'Healthy Me' booklet. Include:

- A title and cover page
- A definition of health
- Ways you look after yourself physically, mentally and socially
- Use underlining, diagrams, bullet points and other organisational features
- A glossary

Option 2: Look at the member states grouped by WHO into 6 regions (found on resource 2).

- Using a map of the world, can you find where you think these six regions are?
- Why do you think they have chosen to organise and group countries in this way?
- Do you think it is a good idea?
- How would you do it?

Ask the children to use a photocopy of a world map to show how they might split the world into regions. Most countries in our world are members of WHO but not all.

- Do you think they should be?



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KS1 Follow-up Ideas

Option 1: Ask the children to think back to examples of when they were ill e.g. had a cough, cold, stomach-ache or a sickness bug.

- How did you feel?
- Do you know how you became ill?
- What did you do to get better?

Explain that we can catch things like colds and sickness bugs from each other. The germs that make us poorly can spread. Think about some of the things we might do to stop the spread of germs e.g. wash our hands, sneeze into a tissue, stay at home if we are really poorly, keep food surfaces clean. Create a poster to encourage people in your class and your school to reduce the spread of germs!

Option 2: Explain that there have been many discoveries and changes that have happened in the past that have meant people can be helped more when they are ill.

- Do you know any famous nurses from the past?

Write 'Florence Nightingale' and 'Mary Seacole' on the board. Explain that they were famous nurses from the past, who helped many people. Use the information provided from the useful websites section to learn more about one or both people. Discuss the following:

- How did they help people?
- Do you think they were brave? Why?
- What do you think we can learn from them?



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This Week's Useful Websites

[This week's news story](#)

www.bbc.co.uk/news/uk-51232163



This Week's Useful Videos

[Facemask shortage in China](#)

www.bbc.co.uk/news/world-asia-china-51217455



Resource 1 Follow-up

www.bbc.co.uk/bitesize/topics/zns9nrd

This Week's Useful Vocabulary

Microscope – a scientific instrument which makes very small things look bigger so more detail can be seen.

Outbreak – when something suddenly occurs that is unwelcome such as disease or war.

Quarantine – when people or animals are kept separately/in isolation usually because they have a disease.

Required – a rule, it is compulsory.

Respiratory – relating to breathing.

Virus – a kind of germ that can cause disease.