

World Health Day 2021

Teacher Resources



Warwickshire School Health and Wellbeing Service would like your school to join the World Health Organisation (WHO) in helping build a fairer, healthier world.

This teacher resource has been developed to help you inspire students to consider how their school could be healthier this World Health Day (7th April 2021). Ideas created by students can be used to develop positive lifestyle changes in school.

What is health?

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

Watch: the importance of health

[For Primary](#)

[For Secondary](#)



Student Activity - How can you become healthier as a school?

Activity 1. What parts of your school day do you think are healthy? Ask pupils to write down their ideas, then discuss them as a class.

Activity 2. What changes could be made to make everyone's school day healthier? Ask students to contribute ideas.

Things to consider:

- What changes could be made? Why are they healthier?
- Food and drink at school.
- Physical activity opportunities (activity clubs, break and lunchtime activities).
- Travelling to and from school (cycling, walking, travelling by car etc).
- Does your school talk about mental health/emotions and feelings regularly?
- Do you know who you can ask for help with physical or emotional health?

Activity 3. Working in groups, create a plan for a healthy change you could make as a school and present this to the rest of the class on a PowerPoint, poster, drawing etc.

Things to consider:

- Is the healthy change easy to make?
- Can you involve a lot of people at school (students, staff, parents/carers)?
- Could the canteen food be healthier?
- What after-school or lunchtime clubs would help students get more active?
- How could the school promote active travel?
- How could the school make sure students know about the support services available to them, for example speaking to a school nurse or the websites listed below?

Why not try out some of the ideas to improve health at your school?

Support with health for children and young people

Young Minds – supporting young people's mental health

Text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis.

- If you need urgent help, text YM to 85258.
- All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Childline – info and advice to help children and young people feel more in control.

The Mix – helping young people take on any challenge.

Beat Eating Disorders – support for people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.

Disrespect Nobody – relationships can be confusing and it can be difficult to understand what is and isn't normal behaviour. Disrespect Nobody can help young people understand more about healthy relationships.

Speaking to a school nurse

Children and young people can make an appointment to see a school nurse at their school for support with anything relating to health and wellbeing - for example, bullying, relationships, mental health, sleep, drugs and alcohol, and many other topics. It's important students know this support is available and who they can speak to at school to make an appointment. School staff can contact our service by calling **03300 245 204** or emailing schoolhealthwarks@welearn365.com. Find out more on our [website](#).

Students who are aged 11-19 can also text a school nurse for support via ChatHealth - the number is **07507 331 525**. We encourage students to save this number in their phones.