

Lesson

8

Middle/Upper Primary School | Year levels – Years 4, 5, 6 and 7

STOP! COLDS AND FLU ALERT

PUTTING IT ALL TOGETHER

LEARNING PURPOSE

- Teach recommended health guidelines to stop the spread of viruses.
- Put together a targeted health awareness campaign for the school population.

**CATCH IT**

Always use a tissue when you cough and sneeze.

**BIN IT**

Throw your tissue in the bin as soon as possible.

**WASH IT**

Wash your hands.

Australian Curriculum links

- Identify and practise strategies to promote health, safety and wellbeing (ACPPS036).
- Describe strategies to make the classroom and playground healthy, safe and active spaces (ACPPS040).
- Investigate community resources and ways to seek help about health, safety and wellbeing (ACPPS053).
- Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities (ACPPS058).

Resources

- SNEEZESAFE® stickers to reward learning.
- Interactive whiteboard resources on sneezesafe.com.au.
 - SNEEZESAFE® games to reinforce learning.

– SNEEZESAFE® stories teaching good respiratory and hand hygiene.

- SNEEZESAFE® certificate and letter to parents on sneezesafe.com.au.

Key learning intention

We can help stop the spread of cold and flu viruses with 3 simple steps:

- **Catch it**
Germs can spread easily.
Always use a tissue to catch your cough and sneeze.
- **Bin it**
Germs can live on tissues for several hours.
Throw the tissue away as soon as possible.
- **Wash it**
Hands can transfer germs.
Wash your hands as soon as you can.

NEWS FLASH! WINTER 2018 COLDS AND FLU SEASON HAS STARTED

Your class has been given the responsibility of creating an awareness campaign about this year's cold and flu season for the entire school. That might include presenting daily news bulletins and updates so that kids can protect themselves and their families.

It will have four major components and you will need to do some research first on symptoms, prevention, and what to do if you are feeling sick.

There are useful information websites below.

ACTIVITIES

1. With a partner, write a short announcement that will be broadcast over the school PA system. Keep it short (under 2 minutes) and make sure that you remember to finish with the important message of **Catch it, Bin it, Wash it!** You could also pre-record it.
2. Create a short role-play and/or film about how to prevent catching colds and flu. You will perform or play it at the weekly assembly.
3. Create posters for the school's hallways, reminding everyone about how to prevent spreading germs and viruses.
4. Create a post for the class or school blog, reminding parents about the three-step way to prevent colds and flu. You could also upload your health video message there too.

Useful information websites

Kids Health www.kidshealth.org

Better Health Channel <http://www.betterhealth.vic.gov.au>

Women and Children's Health Network www.cyh.com

Brainpop <https://www.brainpop.com/health/diseasesinjuriesandconditions/viruses/>

Health for Kids <https://www.healthforkids.co.uk/staying-healthy/sneezing-coughs-and-colds/>

