



SILVER
RIGHTS AWARE



World Health Day

By the P4 – P7 equalities reps



Article 24

All children and young people have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help them stay alive, healthy and safe.



Statement one – enough sleep

We need at least eight hours sleep every night. whilst we are asleep our bodies are building and growing, and repairing any damage that may have happened during the day



Statement two – nutritious food

What we eat is the fuel our bodies need to grow. If we want to be healthy, our bodies need to the right food. We should try to eat five pieces of fruit and vegetables a day.





Statement three - water

2/3 of a body weight is water. we should try and drink at least 1 L of water a day to keep our bodies well hydrated.



Statement four – good hygiene

Germes breed in dirt, so it's important that we keep our bodies clean. It's particularly important to keep our hands clean. We pick up germs on our hands all the time and if we put our fingers in our mouths or when we pick up food, we put germs into our bodies

Statements five -Exercise

- Our bodies need to be exercised every day so muscles and Ligaments are stretched and our bones, lungs and hearts grow and stay strong and healthy



Statement six – a clean environment

- In the same way that we need to keep our bodies clean, our environment needs to be clean too. We can make sure we keep our environment clean by not dropping litter, keeping the classroom and our bedrooms tidy.



Statement seven – Health care

- All children have the right to healthcare. In this country this is usually, this is usually providing free and starts before we are born vaccinations against diseases are free and will keep us healthy.



Statement eight – keeping safe

- It is up to adults to keep us safe but it also up to us to be sensible and not put ourselves in danger. We shouldn't make friends with adults or parents/carers don't know and we shouldn't play in dangerous places such as busy roads on a railway line or near deep water.





World Health Organization

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

