



Topic based resource

Understanding your Rights



cadwch keep
gymru'n wales
daclus tidy

Background Information

These are worrying times for our children's general health and wellbeing and when you hear statements such as the life span of some children will be less than their parents it is very concerning. What can we do to prevent this?

Health of our children: There are many ways we can encourage healthy eating in school and hopefully influence and encourage children and parents to make life changing choices as regards to food at home. Studies have shown that children are far more likely to eat fruit and vegetables they have grown themselves. Creating opportunities for children to grow food in school, supporting them to look after the plants and then harvest the food successfully; your pupils can then eat it or sell it to parents and teachers. Setting up a shop in school with healthy snacks encourages good eating habits. Ordering and maintaining stock for the shop could be done by the older children to develop interest and knowledge in the act of food shopping.

Physical exercise: Children are leading an increasingly sedentary lifestyle therefore arranging some form of physical activity during the day is increasingly important. Many schools have taken on the daily mile as part of their day as well as doing activities at lunch time with Sports Ambassadors.

Wellbeing: Let children know if they feel the need to talk to someone in school it would always be possible. The use of a buddy bench on the school playground encourages children to talk about their feelings and what makes them sad. Some schools have a system in place where they register their name in a column linked to how they feel and this is discussed during morning registration. This gives teachers a chance to pick up on anything that could be bothering them from the home environment.

Lessons linked to the children and young people's rights will help children discuss their feelings and help them understand their need to feel safe, be healthy and happy.

Avoiding foods that impair mood in children

- A diet high in processed foods, such as fried food, sweet desserts, sugary snacks, refined flour and cereals can increase the [risk for anxiety](#) and depression in children.
- Children who drink four or more cups of fizzy or sweetened fruit drinks a day, including diet versions have a higher [risk for depression](#).
- Caffeine from fizzy, energy drinks, or coffee drinks can trigger anxiety in children and aggravate feelings of depression.
- Many foods contain hidden sugars which take many children to way above the recommended daily intake of sugar.



Global Perspective

The Welsh Government's response to childhood obesity has been to develop programmes that focus on promoting regular physical activity and on maintaining a healthy diet. It is based on the assumption that, among other things, "the availability of cheap, calorific processed foods high in sugar and fat, combined with more sedentary lifestyles, have resulted in rapidly increasing childhood obesity rates in the last few decades' (Public Health Wales)." For children, the focus has been on preventative measures covering both nutrition and physical activity. The aim is to provide information and activities for children and young people to increase their activity levels and improve nutrition. Their plan focuses on seven action areas including the improvement of food and drink in schools, provision of high-quality physical exercise, practical cookery skills and improvements in the range and quality of physical activities available to children.

The World Health Organisation has published data which states that 38 Million children under 5 are overweight

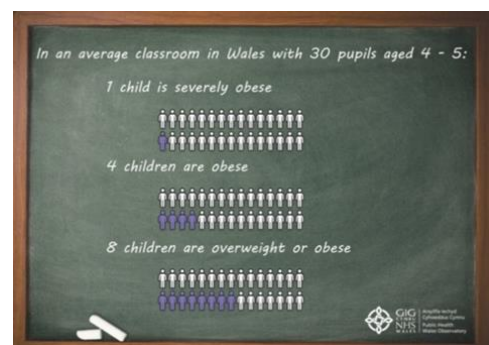
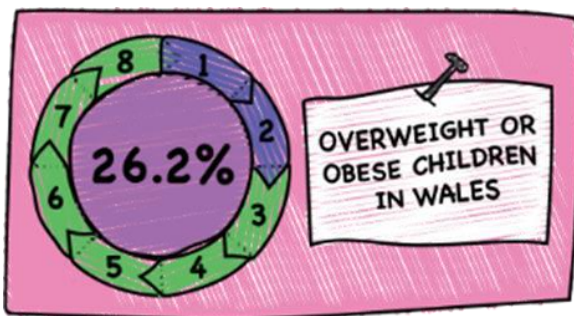
across the world (2019). Obesity rates are highest in Pacific small island nations, closely followed by some Middle Eastern countries such as Kuwait and Qatar.

In order to promote awareness of children's rights the United Nations declared 1979 the 'International Year of the Child' then in 1989 adopted the 'Convention on the Rights of the Child' UNCRC for short and this is widely acclaimed as a landmark achievement for human rights. This document is for people to understand that children need to be safe healthy and happy and all the rights that children have. It is a legally binding international agreement setting out the civil, political, economic, social and cultural rights of every child, regardless of their race, religion or abilities.

<https://www.unicef.org.uk/>

<https://phw.nhs.wales/services-and-teams/child-measurement-programme/cmp-2017-18/average-classroom-infographic/>

<http://everychildwales.co.uk/professionals/>



Climate Perspective

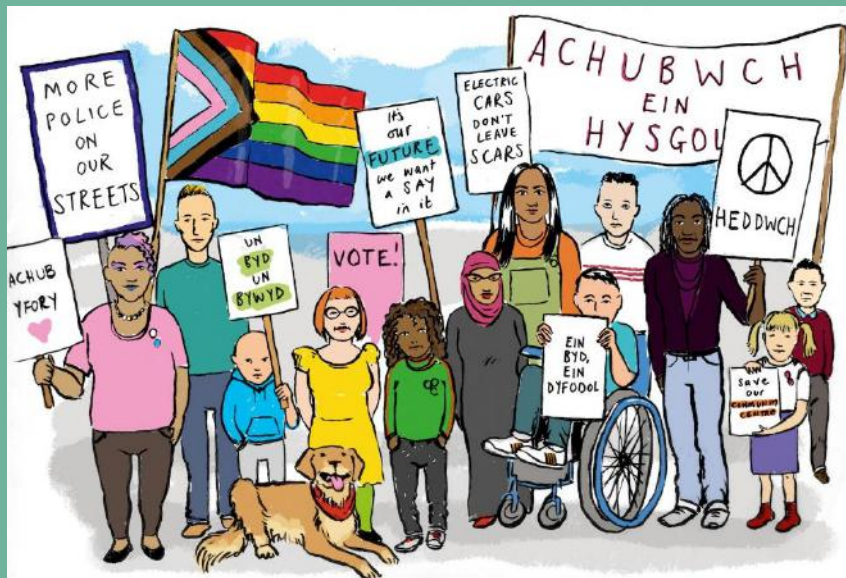
We all know that human activities are altering the earth's climate and that climate change will have significant health impacts across the world. It is difficult to predict but the actions we take today will certainly help to shape our environment in the decades to come. Some degree of climate change is unavoidable, and we must adapt to its associated health effects; however, actions we take now can significantly reduce health issues.

Famine, drought, extreme weather events, and regional conflicts—all likely consequences of climate change—are some of the factors that increase the incidence and severity of disease, as well as contributing to other adverse health impacts, making it imperative to address climate change-related decision making at local, regional, national, and global levels.

Activity

Key Stage 2

Understanding your Rights



Global Goals:

- 1 - No Poverty
- 2 - Zero Hunger
- 3 - Good Health and wellbeing
- 4 - Quality Education
- 5 - Gender Equality
- 6 - Clean Water and Sanitization

Aim - To understand that all children and young people have 'Rights'.

Objectives:

- To Learn about the work of the Children's Commissioner in Wales – Sally Holland
- Understand that there is a difference between the things we need to be happy, healthy and safe in life and what we would like to have.
- Familiarise with the Know your Rights! Poster which should be displayed in school.

Resources:

- Know your Rights! Poster
- Kermit's Story – For Every Child a Better World – United Nations World distance sheet
- A Resource sheets – 20 picture cards (work sheet 1)
- Things that I need to make me happy, healthy and safe (work sheet 2)
- Things I would like to have (work sheet 3)
- Worksheet 1,2 and 3 – one between two
- A4 paper for poster activity + word bank sheet
- Sticky notes

Activity Background Information:

Whose idea was it? In fact, the world's very first declaration on child rights was written by Save the Children founder, Eglantyne Jebb, in 1923, who have been there from the start, fighting for children's rights.

In 2004, the Welsh Government formally adopted the UNCRC as the basis of policy making relating to children and young people and produced child friendly information to be shared and promoted.

Children's rights include the right to health, education, family life, play and recreation, an adequate standard of living and to be protected from abuse and harm. Children's rights cover their developmental and age-appropriate needs that change over time as a child grows up.

Sally Holland has been the Children's Commissioner for Wales since April 2015 and her job is to tell people why [children's rights](#) are so important, and to look at how the decisions made by public bodies in Wales, including Welsh Government, affect children's rights. Two Super Ambassadors have been chosen from every Primary school in Wales to promote children's Rights and the role of the Children's Commissioner.

Children's wellbeing is at the forefront of education development in Wales.

The need to give well-being equal weighting in terms of prioritisation in schools is key to achieve academic attainment. Children are unable to learn to their full potential if they have a wellbeing or mental health issue.

'With three children in an average size classroom having a mental health issue, more resilience and early intervention work is needed as a matter of urgency.



Reform of the curriculum in Wales offers a once-in-a-generation opportunity to embed well-being into our children's lives. Furthermore, schools are ideally placed to make a significant contribution to building an emotionally resilient population of young people, reducing stigma and promoting good mental health.' (Mind over Matter – Welsh Assembly Government)



Who is Sally Holland and what is her role?

Activity:

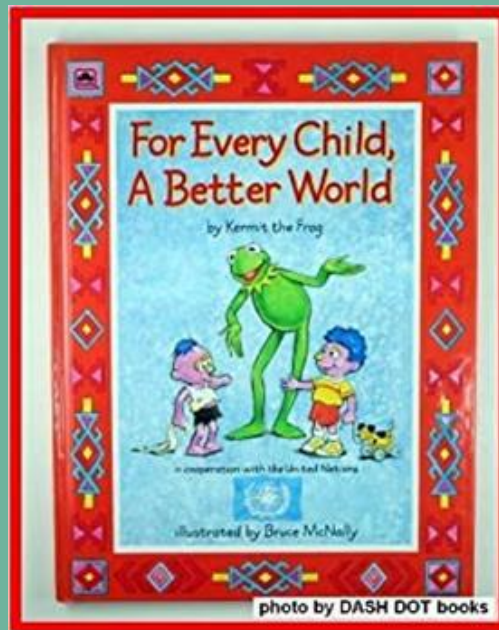
1. Show photograph of Sally Holland to see if any pupils recognise her and then watch a Power point presentation to explain her role followed by a video on children's Rights in Wales.

<https://www.childcomwales.org.uk/resources/primary-teachers/>

https://youtu.be/WSpfLMV3_sA

2. In pairs sort out the 20 images (worksheet 1) onto the A3 sheet (worksheet 2) with the two separate headings:
 - Things we need to be happy, healthy and safe
 - Things we would like to have.
3. Listen to Kermit's story 'a better world for every child'
4. Does anyone wish to change any of the cards on their table after listening to the story?
5. Choose the Right they think is most important to them.
6. Design a poster for the Right that has been chosen (worksheet 3 to help with wording for less able pupils)
7. Write on a sticky note what they have learnt in the lesson
8. Ask pupils if they understand the Rights of the Child following the lesson. Close eyes and show thumbs (three options- understand fully, understand a bit, not sure)

Extension Ideas: On an outline of a person (worksheet 4) write as many words as possible linked to 'Children's Rights'



Worksheet 1

RIGHTS, WANTS AND NEEDS CARDS



A bicycle



Health care



Mobile phone



Clean air



Playgrounds and recreation



Fast food



Opportunities to share opinions



Opportunities to practice your own culture, language and religion



Clean Water



Money to spend as you like



Your own bedroom



Personal Laptop



TV



Fair treatment -
without being treated differently



Somewhere to shelter



Clothes in the latest fashion



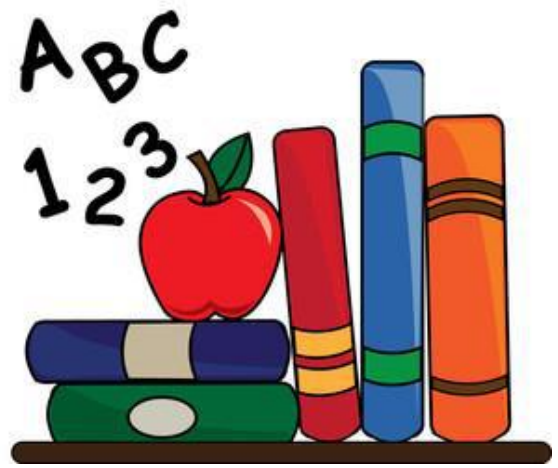
Holidays



Healthy eating



Protection from abuse



Education

Worksheet 2

THINGS WE NEED TO BE HAPPY,

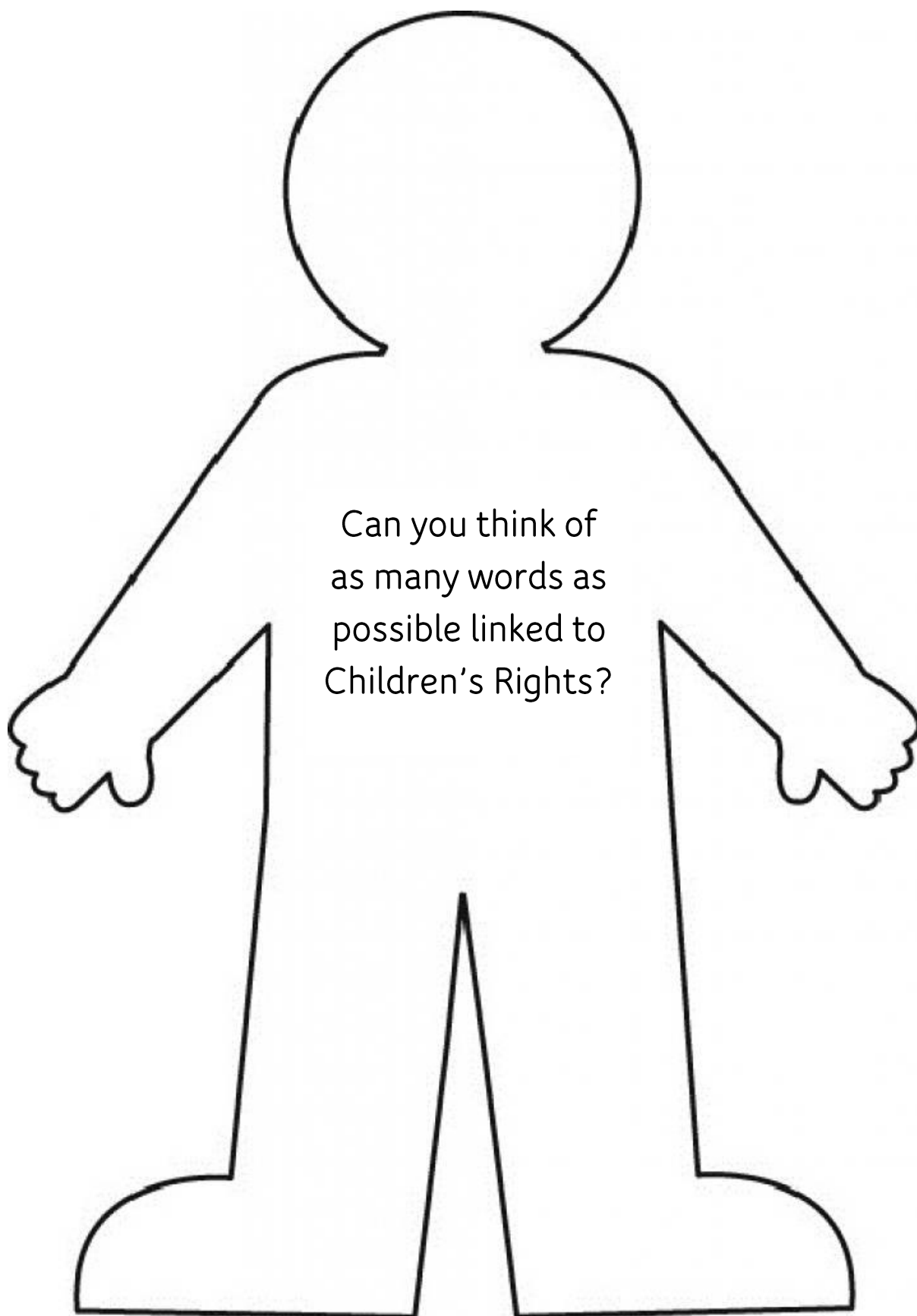
HEALTHY AND SAFE

THINGS WE WOULD LIKE TO HAVE
AND WISH FOR IN OUR LIVES.

WORD BANK – TO HELP WITH YOUR POSTER

Child	Clean Water
Right	Home
See a Doctor	Enough
Treated Fairly	Clean Air
Share Opinion	Safety
Go To School	Nutritious Food
Somewhere to Shelter	Language, Culture & Religion

Extension Activity



Can you think of
as many words as
possible linked to
Children's Rights?

Curriculum Links

Purposes:

- healthy, confident individuals, ready to lead fulfilling lives as valued members of society

AOLE's:

- health and wellbeing
- Languages, literacy and communication

What matters statements:

- know how to find the information and support to keep safe and well.

Purposes:

- enterprising, creative contributors

AOLE's:

- Expressive arts

What matters statements:

- express ideas and emotions through different media

AOLE's

- Health and Well Being

Purposes:

- Ethical informed citizens

AOLE's:

- Humanities

What matters statements:

- understand and exercise their human and Democratic responsibilities and rights.

Key Resources from other organisations:

- www.childcomwales.org.uk
- www.twinkl.com
- <https://phw.nhs.wales>

Eco-Schools



cadwch keep
gymru'n wales
daclus tidy

33-35 Heol yr Eglwys Gadeiriol, Caerdydd, CF11 9HB | 33-35 Cathedral Rd, Cardiff, CF11 9HB
029 2025 6767 keepwalestidy.cymru info@keepwalestidy.cymru



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