

CU Home Learning Challenge

2020: Year of the Nurse and Midwife!

ESSEX
2020

A YEAR OF
SCIENCE +
CREATIVITY

Did you know that 2020 is the international Year of the Nurse and Midwife? Perfect timing we think! It's a chance to celebrate all the wonderful work that nurses and midwives do right across the world. It's also a chance for us to say 'thank you' to them, to learn about their roles and perhaps even think about becoming a nurse, a midwife or any of the thousands of jobs that are vital to the NHS.

By taking part in these challenges you'll learn about different areas of the NHS, famous nurses and their stories, as well as how to deal with a range of common illnesses and a bit of first aid to help deal with minor injuries too.

In May of this year it would have been the 200th birthday of a very famous nurse. Can you find out who we are thinking about? What was she famous for? Why has her name been in the media in the past few months?



2020
INTERNATIONAL YEAR
OF THE NURSE AND
THE MIDWIFE

We hope you enjoy these challenges.

Up to 8 CU Credits for completing this challenge in full. To claim your credits, please complete your CU Club Reflection Diary and return to your school along with evidence of your work.

Finally: Remember to add the Learning Stamp to your Digital Dashboard once you receive it from your school.



Children's University Club Challenge

2020: Year of the Nurse and Midwife!

Part 1: First Aid Kits – 1 CU Credit



First aid kits are really important. Think about where First Aid kits are (homes, workplaces, public spaces, activity providers, in vehicles etc) and why they are there.

- If you needed a first aid kit, how would you find one?
- Can you find a suggested list of first aid items online?
- Do you have a first aid kit at home? If yes, then what's in it?
- Ask family members if they have one in their homes?
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If you haven't already got one at home, make a shopping list for what you need. Every time you shop, buy an item and add it to your first aid kit.

Evidence: Take a photo of you with your first aid kit at home. Make a poster on what's in a first aid kit and what it's used for.

Part 2: Edith Cavell – 2 CU Credits

Edith Cavell was a famous nurse – but we want you to find out why.

Watch the BBC Bitesize video about Edith Cavell www.bbc.co.uk/bitesize/clips/zx6pfg8

Evidence: Write a diary entry as if you were Edith (at any point in her life). How would she be feeling? What might she be saying?

Part 3: Choking – 1 CU Credit

Let's think about choking...can you find the meaning of the word.

- What can people choke on?
- Who is at risk of choking?
- What are the signs of choking?
- Who do you call to get help?
- What can you do to help someone who is choking?

Watch this video from the British Red Cross. There is a 5 question quiz you complete after watching the video. <https://firstaidlearningforyoungpeople.redcross.org.uk/first-aid-skills/choking/>

Evidence: Now you have learnt about choking, can you make a leaflet or a flow diagram on what you do if someone is choking, including what the signs are and who to call for help? You could even make a short film to teach other children what to do if someone is choking.

Part 4: Bites and Stings - 1 CU Credit

At certain times during the year there are more insects and plants around that can bite or sting people. Let's think what can bit or sting a person?

- What are the signs that someone has been bitten or stung?
- How is a bite or sting treated?
- Who can help if someone has been bitten or stung?
- Have a look at this website to find out more about bites and stings

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=285&id=1707>



Evidence: Make a collage of pictures of animals or plants that might sting you – add some labels to your picture to warn people and give them some first aid advice.

Part 5: Florence Nightingale – 2 CU Credits

In May 2020 there was a celebration of Florence Nightingale's 200th birthday, but who was Florence Nightingale and why was her birthday celebrated?

Find out by completing the worksheets (Tasks 1 to 4) from this National Archives site

www.nationalarchives.gov.uk/documents/education/florence.pdf

This challenge was set by Florence Nightingale herself! When she was working as a nurse, she created a challenge to try and make as many words as she could from the letters in the word 'breath'. So now it's your turn. How many words can you make out of the word **breath**?

Evidence: Submit your completed worksheets for 1 CU Credit. Now that you have your list of words from the word 'breath' think of a creative way to display them.

Finally: Remember to add the Learning Stamps to your Digital Dashboard once you receive them from your school

