

**THE BISHOP'S SCHOOL CAMP
JUNIOR SECTION
CLASS 5
THE HEALTH AND WELLNESS CLUB
SEPTEMBER 2023**

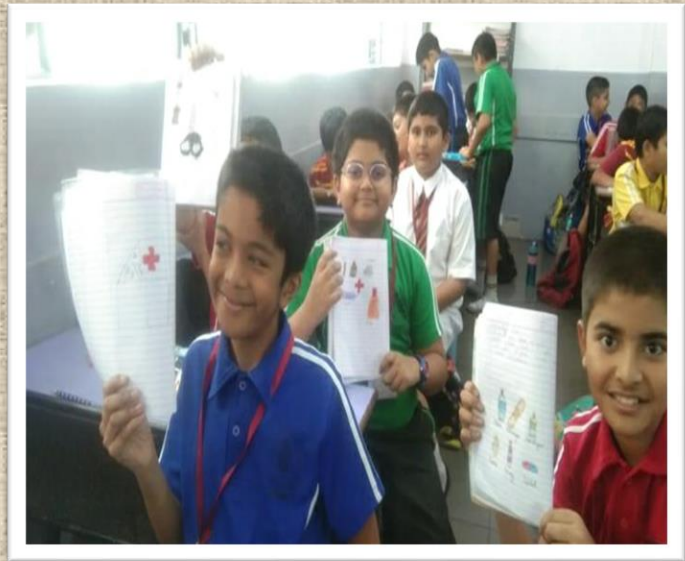
As quoted by Gandhiji "It is health that is real wealth and not pieces of gold and silver."

As part of our Club Activity, Health and Wellness is one of the topics that the Junior School is focusing on. For the month of September, the children were taught about First Aid and the safety rules that need to be followed in school, on the road and at home.

We began by introducing the children to the First Aid Kit. First aid is emergency care given immediately to an injured person. The purpose of first aid is to minimize injury and future disability. Having a First Aid Kit is important as well as helpful in time of need. In little ways, the children learnt how to take care of themselves and use the different contents and at the same time provide help to others in need.



The first aid box contained important first aid contents such as a thermometer, dettol, bandage, ointments, pain relief sprays, cotton, medicines, etc. Information on each of the contents and their usage was given to the children. The children also demonstrated using some of these. Later, each one drew a first aid box in their books.



Safety rules are guidelines that save and protect children from any harm. Additionally, they equip children with the knowledge and skills needed to respond appropriately to challenging situations.

The children were made aware of the safety rules that they need to follow at home, in school and on the playground. This was reinforced with the help of slide shows and videos. They also shared some of their personal experiences about mishaps they had experienced or seen and how they dealt with them.

Safety is to be free from danger, risk, and injury. Accidents can happen anywhere and at any time, but these accidents can be prevented or minimized if we all adopt and practice safety measures and precautions.

By the end of the month the children had learnt the importance of following safety rules and how to administer simple first aid to themselves and others.

**Mrs. Joseline Baena
Assistant Teacher**