



EASY, COST EFFECTIVE & FUN

It's such an easy and fun thing to do for your local schools.

It can cost as much or as little as the money you have available.

Plan can be adapted to the local situation.

It's a fabulous project for your Rotary Club and in keeping with the goals of our Rotary Action Group to promote good health and wellness through healthy lifestyle choices and disease prevention. For more information give us a call or go to our website to check out the photos of a Health Day held recently.

CONTACT

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SCHOOL HEALTH DAYS

HERE'S HOW TO ORGANISE THEM

STEP 1

FIND A SCHOOL

Preferably within a larger school district and with an enthusiastic headmaster and a school hall. Aim for as many pupils as possible around the ages of 13 years old.

Arrange a date and time.

Arrange 10 stands.

Arrange volunteers to man the stands.

Arrange transport for pupils from nearby schools if possible.

Arrange give aways and samples eg Vit tabs ,toothpaste

STEP 2

ORGANISE THE THEMES FOR EACH STAND

EXAMPLES:-

Dental health & Nutrition

Hand washing and personal hygiene

TB information signs & symptoms & importance of treatment

Cervical cancer & HPV vaccinations

Bacteria and Virus the differences between

Physical exercise

HIV & Aids. Menstruation info for Boys & Girls

Clean water and Sewage disposal

Environmental Health

Smoking & Vaping & Drug abuse

CPR & Open water wisdom & lifesaving

STEP 3

ORGANISE THE VOLUNTEERS IN EACH THEME

DENTIST & DIETICIAN

DISTRICT NURSES & CANCER CARE ORGANISATIONS

PATHOLOGIST

LOCAL HEALTH DEPARTMENT & EDUCATION DEPARTMENT

AMBULANCE SERVICE OR FIRST AID RESPONDERS

LOCAL MUNICIPALITIES

LOCAL GYM

SCHOOL NURSES & LOCAL VOLUNTEER ORGANISATIONS

ROTARIANS & ROTARACTORS