**Notes to accompany Key Stage 1 and 2 Assembly**

**Slide 2**

**Hands up exercise –** (1) Who has ever had a cold? (2) Who has ever caught the flu? (3) Who has ever had a sickness bug?

**Hands up exercise** - Who has ever had to have time off from school because they caught one or more of these bugs?

**Slide 3**

**Say:** Now we are going to watch a film about these bugs and The Bug Busters are going to give us some top tips on how we can all help to stop these bad bugs!

Listen and watch carefully as there will be some questions to answer at the end.

*Show the video to the assembly* – *the film is just under 8 minutes long. It covers symptoms and top tips to help prevent the spread of (1) The common cold (2) Flu virus (3) Norovirus (sickness bug)*

**Slide 4**

Check if the key messages about preventing the spread of germs have been understood:

**Call and response exercises:**

What is the top tip to help stop us from catching or spreading a cold? *Answer: Washing hands regularly and thoroughly.*

*Optional: Teacher demonstrates from the front how to wash hands/ maybe asks a couple of children who got correct answer to come to front and copy teacher/demonstrate.*

(2) What is the top tip to help stop us from catching or spreading a sickness bug? *Answer - washing hands regularly and thoroughly*

When must you ALWAYS wash your hands?

*Answer - after going to the toilet*

(3)If you sneeze or cough, what do we all need to do to help stop the spread of bad bugs?

*Answer - Cover your mouth and nose with your elbow (teacher demonstrates: assembly copies) or with a tissue that you then put in the bin.*

Why do we not use our bare hands to cover our mouth and nose when we sneeze or cough?

*Answer - We will be putting bugs all over our clean hands – anything we touch afterwards will have bad bugs on it!*

**Slide 5**

Check if the key messages about preventing the spread of germs have been understood:

**Call and response exercises:**

How do we help stop the spread of flu?

*Answer - By having the flu vaccine*

How do you have a flu vaccine?

*Answer -*  *A quick spray up your nose from a nurse! (If available use a nasal spray demonstrator to show how the children’s flu vaccine is administered)*

**Slide 6** – optional

***Optional slide for the school to complete and use if this assembly is used in the run-up to the flu vaccination being delivered in school by Vacs UK***

**Slide 7**

**Closing remarks:**

We are going to do some fun lessons during this week/ today/ this term (delete as appropriate) to help you learn more and remember how bugs are spread and how to help stop them spreading.

We can all be Bug Busters!

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**Recommended lessons to follow assembly (KS1):**

* **Microbes lesson from E-bug** ( <https://www.e-bug.eu/ks1-intro-to-microbes> ) 50 minute lesson – pupils will be able to: Understand that microbes are found everywhere; Understand most microbes are too small to be seen with the naked eye. Main activity: modelling microbes (create a model of a microbe)
* **KS1 Hand hygiene from E-bug** (<https://www.e-bug.eu/ks1-hand-hygiene> ) 50 minute lesson – pupils will be able to: Understand washing hands can help remove microbes; Understand washing hands is one of the best ways to prevent the spread of microbes; Understand washing hands with soap and water is better than washing hands with water alone. Main activity: Pepper & water experiment

***OR***

* **Hand washing & personal hygiene lesson from Kapow** (Health & Wellbeing Y1 Lesson 5). Pupils will be able to: Begin to understand how germs are spread and how we can stop them spreading; understand why I need to wash my hands; explain how to wash my hands properly. Main activity – glitter experiment

**Recommended lessons to follow assembly (KS2):**

* **Vaccinations lesson from E-bug** ([Vaccinations (e-bug.eu)](https://www.e-bug.eu/ks2-vaccinations) 50 minute lesson – pupils will be able to: Understand that vaccines prevent a range of infections.
* **KS2 Hand hygiene from E-bug** ([Hand Hygiene (e-bug.eu)](https://www.e-bug.eu/ks2-hand-hygiene)) 50 minute lesson – pupils will be able to: Understand that infection can be spread through unclean hands; hand-washing can prevent the spread of infection; when and how to wash hands.

***OR***

* Lesson on immunisation for Key Stage 2 in **Kapow** RSHE & PSHE Year 6 Health & Wellbeing Lesson 6 - pupils will be able to: Understand ways that we help prevent ourselves and others becoming ill; know some benefits of immunisation; how vaccinations work.