

Introduction

By Izzy Miller-Smith

From the 3rd until the 7th of June Kirkcowan primary school held a thrilling health week. The treasured week was organised by Kirkcowan's very own health and wellbeing committee. The week was planned from the committees own imagination and we had a busy scheduled week ahead including; a Skip-a-thon (to raise money for the BHF), a presentation by the Mountain Rescue team, Sports Day , a visit from the School Nurse , Heart Start presentations by each class and a Common Wealth Tournament ,we also made healthy snacks for the Skip-a-thon. Pupils now understand that Health and wellbeing is an interesting and exciting way to stay healthy and fit. Here are some comments from the pupils about health week:

"I enjoyed making the healthy snacks because it was creative" – Dan Heaney P6.

"I loved the common wealth tournament because you could play different games" Charlie Alexander P4.

"

I adored the Mountain rescue presentation because I liked going into the vehicle"- Torin Anderson P3.

"

I enjoyed sports day because it was exciting and entertaining"- Kendra Mclery P1

A big thank you to every one who got involved in health week, including visitors who came in to help us, it was a great experience for us all and another big thank you to the health and well-being committee and Mrs Stevenson for organising an amazing week

Lets Wake Up and Shake Up

By Izzy Miller-Smith

Every morning throughout Health Week the Health and Well-being Committee arranged for the whole school to have Wake Up Shake Up routines outside in the beautiful weather to get our brains and muscles warmed up for the busy day ahead. The routines were performed to the songs, "Pump it Up" sung by Joe Budden, "Don't Stop Me Now" sung by Queen and "Do You Love Me" from the film Dirty Dancing. The whole school's favourite was "Pump it Up", this was because it got everyone moving and was the most energetic "I enjoyed Pump it Up because it was epic and awesome"-Grace Taylor. The routines were led by Jamie Baillie, Callum Adams, Leah Lonsdale and Connie Gray as they gave instructions to the rest of the school to follow the routine to the music. "Wake Up, Shake Up is an enjoyable way to start the day! And I would recommend it to any one"-**Ruby Robert-Self**

The Feet on the Ground Go Round and Round

Throughout health week Kirkcowan primary school had a walking school bus that started at 8:45 at the village hall, each day. This activity was a healthy way to start the day.

Mrs. Stevenson led the walking school bus accompanied by Miss Burns and Mrs Andrews.

Callum Currie said "I liked the walking school bus because you got to walk to school in partners"

On average, about 15 people used the walking school bus everyday.

People who used the walking school bus were being eco friendly.

Abby Gray said "I enjoyed the walking school bus because you could chat to your friends on the way to school".

The school also had a survey about who walked to school , who cycled , who got the bus , who was driven , parked and stride which is you got driven some of the way and walked the rest , taxi , and any other transport.

Lennon Roddie said “the walking school bus was fun because you got to walk with your friends”.

Congratulations to those who made a special effort to travel in a healthy; eco friendly way got awarded with a certificate at the end of the week.

Izzy Miller- Smith says:

“I would recommend walking to school everyday because it is healthy and it is eco friendly”

School Nurse Visits Kirkcowan PS

The School Nurse (Debbie Brown) visited Kirkcowan primary school during its Health Week. She came to talk about washing your hands properly and being careful in the sun.

First of all Debbie told us how to wash our hands, we made up some top tips about hand washing from this talk:

- Wet your hands, carefully.
- Rub soap in, thoroughly.
- Let the soap run of your hands. Do NOT rub it off; this will cause the soap to run away too quickly.

While you do this you should be able to sing ‘Happy Birthday’ twice, this will give you a rough guide about how long to wash your hands for.

After that Debbie put fake germs on our hands to see if we could wash them all off. When we had all washed our hands we then put them into a machine that showed any germs that are left on our hands, which meant we hadn’t washed them properly.

“I thought the UV light germ spotter was epic” Izzy Miller Smith P7

We then moved on to Sun Care, here are some interesting facts:

- People with darker hair and skin are more likely not to get sunburnt, whereas people with blonde or ginger hair probably will.
- SPF stands for Sun Protection Factor; you usually see this on sun cream bottles.
- You can easily get sun burnt on the top of your ear; so don’t forget to put sun cream there as well.
- You need to keep hydrated in the sun or it could dry up the fluids in your body.
- You can get sun stroke if you stay out in the sun to long.

“I really enjoyed it and learnt some very fascinating facts” Grace Taylor P6

I am sure that we would all like to thank Debbie for giving up her time to come and talk to us about Hand Washing and Sun Care.

Mountain Rescue

By Abby Gray

On the Tuesday of Health Week, Ken McCubbin from the Mountain Rescue Team came to tell us about what he and the team do to help people in the area. They are based in Newton Stewart and help people if they're in trouble up in the mountains and hills of Galloway.

"My favourite bit about the presentation was when they put all the sirens on in the vehicle." Finlay Roger P2.

Their vehicle is made for going off road and they specialise in helping people stuck in rough terrain, the vehicle is designed to face the sometimes difficult challenge of reaching people in remote areas.

Everyone who works for The Mountain Rescue Team is a volunteer (they don't get paid for what they do). Most of them have other jobs as well as being on call as part of the team, Mr McCubbin is also a teacher which means if he gets an emergency call and told there is a problem he has to drop everything at work or at home and go immediately and help.

They have lots of things that they need to take on a rescue including, a first aid kit, a stretcher, two torches, a sleeping bag, a neck supporter and lots more.

"My favourite part of the presentation was when we saw all their kit!" Duncan Adams P2.

Overall, from the visit we all had gained lots of knowledge, such as you have to be over eighteen to become a one of The Mountain Rescue Team and not everyone trains for the same amount of time. The test they have to take to become one of the team can take up to 12 hours on a mountain side. The Mountain Rescue Team have to carry most of the equipment up onto the mountain because there are no roads and even though the vehicle is built for going off road it can't go as far as it sometimes needs to.

"I liked it when we got to sit in the jeep!" Jake Ellis P3.

It is important to be safe if you are up in the mountains or hills in the area because an accident can happen suddenly and you may find you are injured. You need to know how to deal with a situation like this and be prepared to call 999 in an emergency. We think it is important to know about Mountain Rescue because we know that people work hard too keep us all safe.

We would like to say a big thank you to Mr McCubbin and the Mountain Rescue Team for taking time from their busy day to teach us about mountain rescue it was very interesting and informative. Thank you we have learned a lot.

Staying Safe Means Staying Alive

As a challenge Kirkcowan pupils made presentations for Health Week based on their knowledge of First Aid and Heart Start training. P1-3 showed us a presentation on conscious and unconscious casualties. It is very important to know the difference between a conscious and unconscious casualty as one is injured but awake and the other one is not.

Shortly after P4-5 did a brilliant presentation on choking and serious bleeding. The important message of this fantastic presentation was clear; if someone is choking you can help by putting one hand on their back and using the other hand to forcefully strike, hopefully pushing the object they are choking on out. If this is unsuccessful you can try cuddling them from behind and putting two arms round their waist, pulling towards you. Serious bleeding is just as important, you can help stop the bleeding by getting any clean piece of material and applying pressure to the wound as this can stop the blood draining too fast. Also elevating the wound above the heart will slow down the blood flow too.

Finally, P6-7 had organised an informative presentation about the actions to take if you think someone is having a heart attack. It is an extremely important skill to know how to spot if someone is having a heart attack. Here's how to spot the symptoms; the casualty may be complaining of bad heart burn or indigestion. They may say they have a tight rubber band feeling around the chest, the pain might spread to the arms, neck, legs and back. If these symptoms persist lay the casualty down against a hard surface, bend their knees to stop pressure on the heart and call 999 or 112 immediately.

P6 and 7's second presentation, taught their audience how to perform CPR (Cardiopulmonary Resuscitation). If the casualty has collapsed and is unresponsive, call 999 or 112 straight away. Do not leave the casualty but begin to perform CPR. This involves 30 compressions on the chest, followed by 2 rescue breaths; the operator from the emergency services will explain how to do this procedure over the phone. Continue to do the cycles of CPR again and again until an ambulance arrives.

These presentations have helped pupils at Kirkcowan Primary School know how to deal with different emergency situations; in one day we learnt how to perform CPR, how to spot a suspected heart attack, how to deal with choking and serious bleeding and how to help a conscious or an unconscious casualty. Over all, Tuesday was a great way to make our lives much safer and equip us with skills we'll never forget.

READY SET

GO!

On Wednesday the 5th it was a warm sunny day with not a single cloud in the sky and every one was ready to race .They were all competing for valuable points in the race to win the house champion cup. There were 12 races in the park for Sports day the pupils were nervous and excited to get going.

Here are the results from Sports Day 2013:

Event	Class	First	Second	Third
Obstacle Race	Infant Girls	Molly Bodle Lawson	Kendra McCleary	
Obstacle Race	Infant Boys	Harvey Reynolds	Jake Ellis	Finlay Rodger
Obstacle Race	Junior Girls	Cody Gray	Jemma Currie	Abbie Ribbens
Obstacle Race	Junior Boys	Zak Service	Connor Wright	Callum Adams
Obstacle Race	Senior Girls	Karen King	Izzy Miller – Smith	Lisa Wright
Obstacle Race	Senior Boys	Jake Service	Dan Heaney	Brandon Gillespie
60m Flat	Infant Girls	Molly Bodle Lawson	Kendra McCleary	
60m Flat	Infant Boys	Jake Ellis	Finlay Rodger	Harvey Reynolds
80m Flat	Junior Girls	Cody Gray	Jemma Currie	Abbie Ribbens
80m Flat	Junior Boys	Zak Service	Archie Mortiboy	Connor Wright
80m Flat	Senior Girls	Karen King	Izzy Miller Smith	Ruby Roberts Self
80m Flat	Senior Boys	Jake Service	Dan Heaney	Brandon Gillespie
200m Race	Junior Girls	Cody Gray	Jemma Currie	Abbie Ribbens
200m Race	Junior Boys	Zak Service	Archie Mortiboy	Callum Adams
400m Race	Senior Girls	Karen King	Izzy Miller Smith	Ruby Roberts Self
400m Race	Senior Boys	Jake Service	Dan Heaney	Brandon Gillespie
Egg/Spoon Race	Infant Girls	Kendra McCleary	Molly Bodle Lawson	
Egg/Spoon Race	Infant Boys	Jake Ellis	Andrew Smith	Finlay Rodger
Egg/Spoon Race	Junior Girls	Jemma Currie	Abbie Ribbens	Amy Smith
Egg/ Spoon Race	Junior Boys	Archie Mortiboy	Zak Service	Callum Adams
Egg/Spoon Race	Senior Girls	Izzy Miller – Smith	Ruby Roberts Self	Lisa Wright
Egg/Spoon Race	Senior Boys	Dan Heaney	Jake Service	Brandon Gillespie
Sack Race	Infant Girls	Molly Bodle Lawson	Kendra McCleary	
Sack Race	Infant Boys	Jake Ellis and Finlay Rodger	Harvey Reynolds	Jonty Gray
Sack Race	Junior Girls	Cody Gray	Abbie Ribbens	Leah Lonsdale
Sack Race	Junior Boys	Zak Service	Connor Wright/ Callum Adams	
Sack Race	Senior Girls	Izzy Miller Smith	Lisa Wright	Karen King

Event	Class	First	Second	Third
Sack Race	Senior Boys	Jake Service	Dan Heaney	Brandon Gillespie
Wild Horses	Infant Boys/ Girls	Jake Ellis/ Torin Anderson	Jonty Gray/ Andrew Smith	William Ferguson/ Harvey Reynolds
Hoop Race	Junior Girls	Cody Gray/ Abbie Ribbens	Jemma Currie/ Annie Marshall	Leah Lonsdale/ Ellis Stables
Hoop Race	Junior Boys	Archie Mortiboy/ Mark Govan/ Harvey Reynolds/ Callum Adams	Mark Govan/ Harvey Reynolds/ Callum Adams	Harvey Reynolds/ Callum Adams

		Connor Wright	Callum Adams	Mackenzie Gilmour
Hoop Race	Senior Girls	Izzy Miller Smith/ Ruby Roberts Self	Libby Adams/ Ellis Stables	Karen King/ Grace Taylor
Hoop Race	Senior Boys	Jake Service/ Kieran Alexander	Max Lucks/ Dan Heaney	Jamie Baillie/ Brandon Gillespie
Skipping Race	Infant Girls	Molly Bodle Lawson	Kendra McCleary	
Skipping Race	Infant Boys	Jake Ellis	Harvey Reynolds	Finlay Rodger
Skipping Race	Junior Girls	Cody Gray	Jemma Currie	Millie Gray
Skipping Race	Junior Boys	Archie Mortiboy	Callum Adams	Zak Service
Skipping Race	Senior Girls	Karen King	Ruby Roberts Self	Izzy Miller Smith
Skipping Race	Senior Boys	Jake Service	Dan Heaney	Max Lucks
Obstacle Race	Nursery	Callum Chisholm	Ruby Ellis	Charley Service
Flat Race	Nursery	Ruby Ellis	Callum Chisholm	Charley Service
Wild Horses	Nursery	Ruby Ellis/ Sophie Dickinson	Owen Adams/ Callum Chisholm	Cara Dabner/ Charley Service
Egg & Spoon	Nursery	Sophie Dickinson	Ruby Ellis	Owen Adams
Monkey Crawl	Nursery	Callum Chisholm	Ruby Ellis	Sophie Dickinson

The parents also participated in Sports Day and we think all of them did really well, however one can win the race, our rapid running parents were: Catherine Gray in First place, Second place went to Anne Connick and in Third place was June Gray. A big 'well done' to everyone who gave it a go in the parent's race. Well done. A huge well done also needs to be said to the toddlers who gave it their best shot in the under 3s race. Our terrific toddler winners were: Molly Sharp in First place, Ellie Marshall in Second and Third went to Jayden Rodger. What a brilliant effort!

The final race was upon us and it was the most tense moment of the day, the relay. All teams were lined up looking nervous and ready to race for the last of the championship points. The teams for the relay were; Brandon, Libby, Jemma and Jamie were racing for Barhoise. Jake, Kieran, Ruby, Izzy were racing for Bladnoch. Max, Lisa, Abby, Dan were racing for Tarff. It was a dramatic and exciting ending to a great afternoon and the tension was at bubbling point. Well done to all teams and congratulations to Bladnoch who made sure the baton returned safely.

Everyone enjoyed the sports day and every pupil was proud of themselves as nearly everybody won a first, second or third we are awaiting the results of our sports champions and our house cup winners which will be announced at the end of term service, we are all anxious to hear the results. Thank you also to Shalla and Steve from the Post Office for donating the well deserved ice lollies to all of the hard working children.

Commonwealth tournament

Article by Libby Adams

On Thursday of Health Week, the sun shone on Kirkcowan Park and pupils were lucky enough to have Alison Adams and Lee Forsyth from Active Schools come along and run a wonderful commonwealth tournament in the afternoon. It was great having Alison and Lee to give us an opportunity to do things that some pupils may never have tried and some may not get the chance to do again.

Primaries 1, 2, 3 and Nursery enjoyed some phenomenal potted sports which included skipping, throw and catch, tennis and lots more challenging activities which they all thoroughly enjoyed.

Primaries 4, 5, 6, and 7 were offered handball and hockey later on in the afternoon. They have developed different skills such as team work, communication and co-ordination but the main message of the session was clear; keep the focus on the fun!

Abby Gray (a P7 pupil) said "I liked playing hockey the best because I hadn't had the opportunity before."

A Primary 4 pupil, Charlie Alexander said "I also enjoyed the hockey because it was great fun to play in teams."

There were a few minor cuts, bruises and stray hockey balls but everyone had an amazing time and enjoyed the afternoon. We would like to give a special thank you to both Alison and Lee for giving up their time to support our Health Week, it was a great way to spend the afternoon. The next day was our very own skip-a-thon.

FIGHT FOR EVERY HEART BEAT

On the last day of health week, we came together in the school playground and held a skip-a-thon. We gave a sponsor form to each pupil to collect money and all the money raised was sent to the British Heart Foundation (BHF). It is important to donate money to this charity because BHF can save peoples lives by doing research on the heart. This is an important charity and if you would like to donate to them you can do so by visiting their website at: www.bhf.org.uk

The Health and Wellbeing committee were the group that put all their efforts into making Friday 7th of June an exciting day. They made this day special, everyone enjoyed themselves and would love to do it again. The weather also gave us a helping hand as the sun shone, there was not a cloud in the sky and nobody complained.

Healthy Snacks- Throughout our skip-a-thon, you could buy a healthy snack that kept your energy going, all the classes including the nursery made something.

The Health and Wellbeing committee also asked each class to prepare healthy snacks which could be sold during the Skip-a-thon, these would keep us refreshed and energised whilst also raising more money for BHF. Nursery provided apples, you could put your apple into a special peeler and it would take all the skin off. Primary 1/2/3 chopped up fruit which could be made into kebabs and it gave us a choice what we wanted to put on them, they were refreshing and tasty for only 10p.

Primary 4/5 brought along frozen yoghurts, fruity biscuits and popcorn and raisin bags they were scrumptious. Primary 6/7 created yummy, healthy smoothies there were two flavours available; Cranberry and Raspberry or Apple and Mango they also put together some flapjack bites which tasted delicious. After all of our preparation we were ready for our Skip-a-thon.

We held a wake up shake up warm up in the sunny school playground before our skip-a-thon just to prevent any injuries, the tune was 'Pump it Up' everyone loved it. Then it was on to the hard work, Nursery did a magnificent job tackling the obstacle course including skipping, throwing, balancing and running they enjoyed themselves a lot. They managed to do it continually for 5 MINUTES, well done Nursery!

Primary 1, 2 and 3 also tried the obstacle course, they were able to do it continually for 7 MINUTES. They were amazing and really fast, flying round and made us all dizzy just by watching them.

Primary 4 and 5 managed to skip for 10 MINUTES with no breaks. Nearly everyone completed it, when they were finished they looked exhausted. Primary 6 and 7 also attempted skipping for 10 MINUTES everyone completed it even in the boiling hot weather. Well done to everyone who completed their skipping challenge, you all did amazingly well.

Totalling up the money received from sponsors and from the sales of our snacks we raised a tremendous amount of money for the BHF, our total to date is ££££. Anyone who managed to raise more than fifty pounds in sponsors earns themselves a digital skipping rope as a reward. Lucky them! Thank you to the Health and Wellbeing committee for rounding off Health Week in fantastic style.