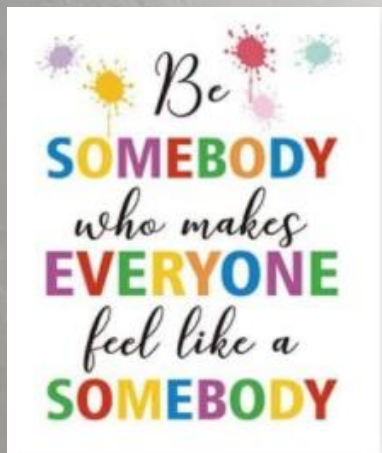
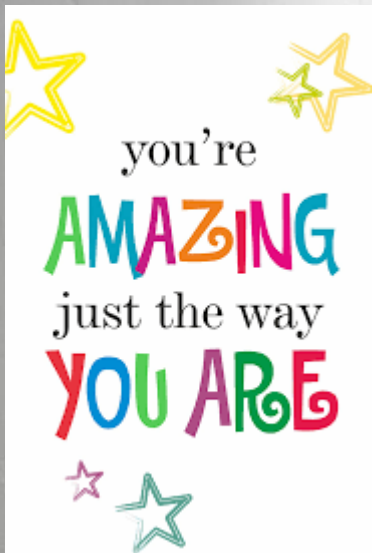


Awareness Week



Inclusion

Autism

Diabetes

Mental Health

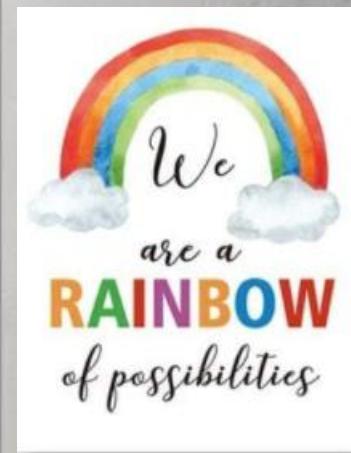
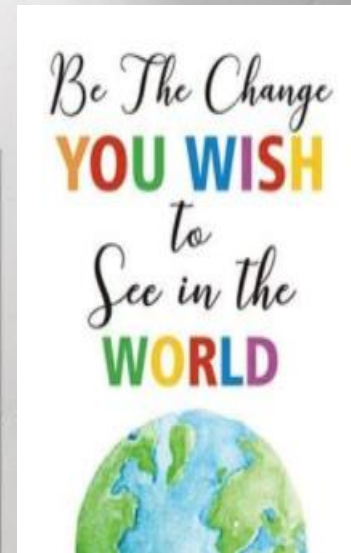
Hearing Loss

Epilepsy

Sight Loss

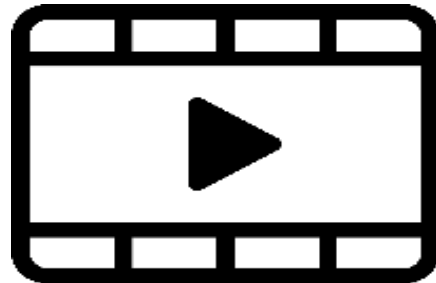
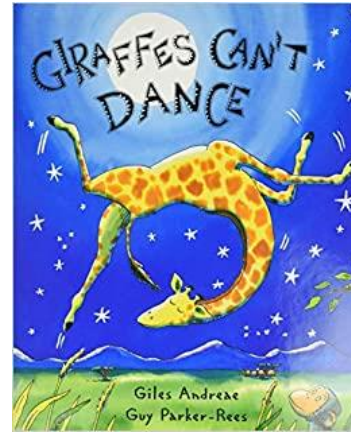
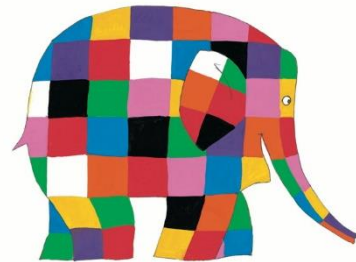
Dyslexia

Gartcosh Primary School
Awareness Week



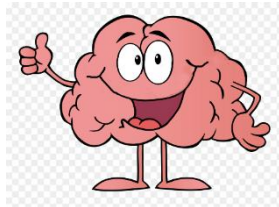
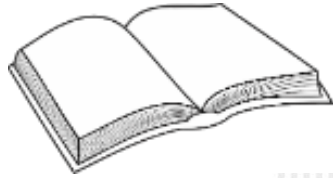
you're
AMAZING
just the way
YOU ARE

Inclusion



you're
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Autism

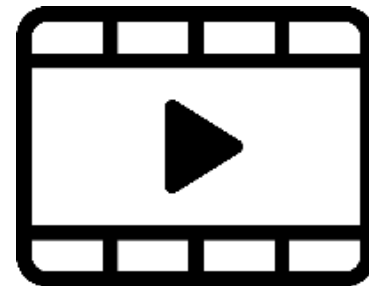


We All Fit Together



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Diabetes



the eatwell plate

Fruit & vegetables
 Eat lots! At least 5 portions.
 A third of your day's food.
 Good for vitamins, minerals, fibre.
 Fresh, frozen, tinned, dried or 100% juice all count.

Bread, rice, potatoes, pasta and other starchy foods
 Base every meal on starchy foods.
 A third of your day's food.
 Good for energy-giving carbohydrates, and for vitamins, minerals, fibre.
 Choose wholegrain, wholemeal or 'high fibre' varieties.

Meat, fish, eggs, beans and other protein-rich foods
 Eat moderate amounts only.
 About 2 or 3 portions a day.
 Good for protein, minerals, vitamins.
 Pulses (beans, lentils) are a good alternative to meat.

Milk & dairy foods
 Eat moderate amounts only.
 About 2 or 3 portions a day.
 Good for calcium, protein, vitamins.
 Choose lower fat versions.

Foods and drinks high in fat and / or sugar
 Eat and drink these only occasionally and in small amounts. Cut down on saturated fat. Choose lower fat and lower sugar versions when you can. Avoid salty foods.

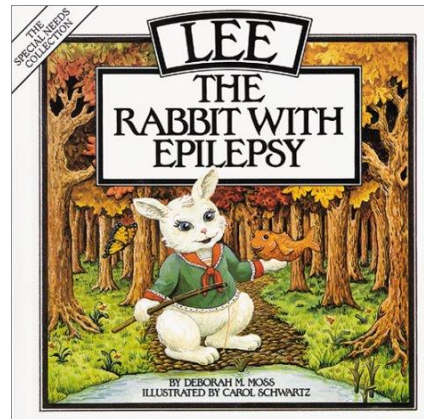
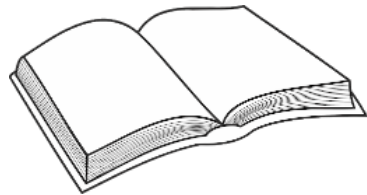
Nutrition Facts	
1 serving per pack	
Serving size 1 pack (47.9g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol <5mg	0%
Sodium 35mg	2%
Total Carbohydrate 35g	13%
Dietary Fiber 1g	4%
Total Sugars 31g	
Includes 29g Added Sugars	58%
Protein 2g	
Vitamin D	0%
Calcium	4%
Iron	4%
Potassium	2%

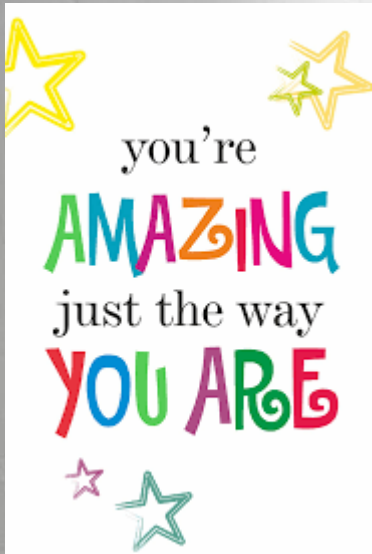
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Epilepsy





Sight Loss

a b c d e f g h i
 j k l m n o p r s
 t u v w x y z

#243703399



AWARENESS WEEK

Boys and Girls, this week we should have had a visit from a lovely couple, Sheena and David McKerral (who happen to be Jack and Ligi's Grandparents!). Both Mr and Mrs McKerral are blind and wanted to share some things with you that help them in their daily lives.

This is Mr and Mrs McKerral's white stick that they use when they are out walking. It helps them to identify any obstructions or kerbs so that they don't bump into anything.



Mr McKerral has a special watch that has a glass lid on it. When he lifts it up it has Braille on it to help him tell the time.

This is a typewriter called a Perkins. It prints out with Braille.



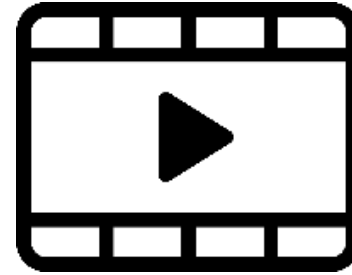
This is a Dymo Gun. It prints Braille labels. Mr and Mrs McKerral use this to label CD's, DVD's and their food in the freezer.

Mr McKerral loves to play games and join in family games. He has special dominos with raised dots on them. Even though he is blind, he can still have fun just like you!



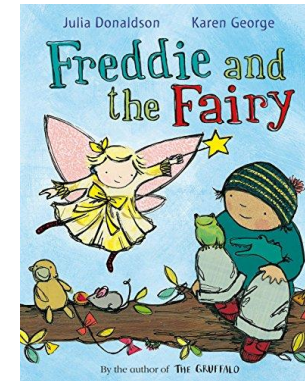
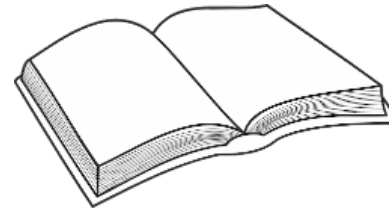
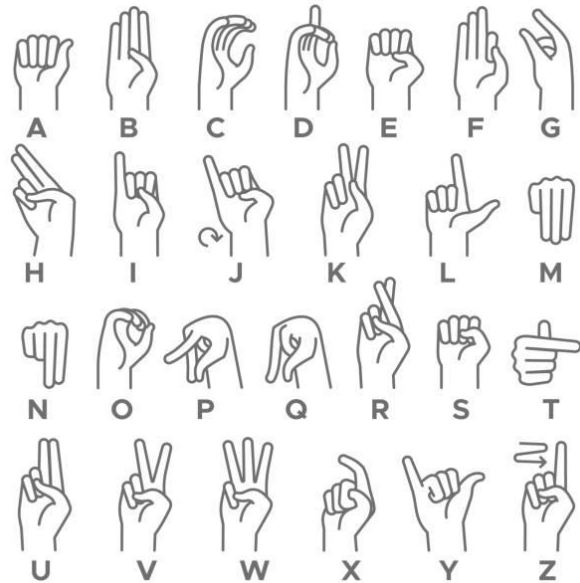
Mrs McKerral has a talking phone and iPad and Mr McKerral has a computer with speech to help him read his emails and documents! They even have a talking microwave and toaster in the kitchen.

A MESSAGE FROM MR AND MRS MCKERRAL—PLEASE MAKE SURE YOU PUT YOUR TOYS IN YOUR OWN GARDEN WHEN YOU ARE NOT PLAYING WITH THEM AS WE COULD STAND ON THEM AND BREAK THEM OR FALL OVER. THANK YOU.



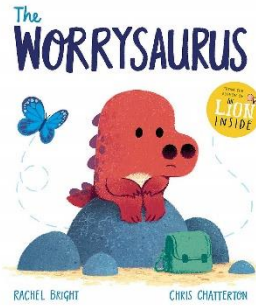
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Hearing Loss



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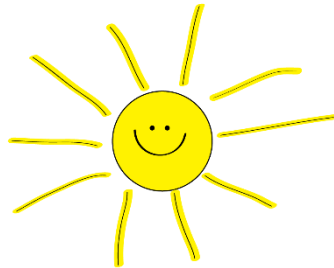
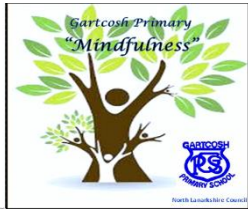
Mental Health



This CD is produced by the staff and children of Gartcosh Primary School. Our thanks go to all of those who have listened to the CD and to our sponsors. We hope it shall bring us many calm days and peaceful nights.

Contents

Introduction	Baby Shark Song
Mindfulness of Breathing	Mr Gnome
The Three Wishes	Grady Kite
Over the Hills, Far Away	Princess & Counting
My Sweetest is the...	Mindfulness
Mindful Ocean Visualization	Recycling is, Recycling out
Every little cell in my body	The Friendly Dragon
Mark the Shark	Dragon
Looking Inward	Gaga and the Ducks
	La La La Song
	Sleepy Time



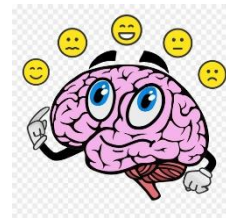
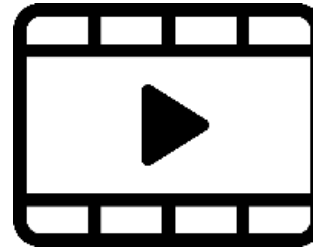
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Dyslexia

Say the colour not the word!

Try naming the colours below to find out what it's like when your brain has to work extra hard. It can be like this for people with dyslexia.

Red	Blue	Pink	Yellow	Green
Purple	Orange	Yellow	Pink	Brown
Purple	Blue	Red	Yellow	Red
Red	Blue	Pink	Yellow	Green
Purple	Orange	Brown	Purple	Blue
Blue	Red	Purple	Blue	
Blue	Red	Yellow	Red	Blue
Pink	Yellow	Green	Purple	Orange
Brown	Purple	Blue	Blue	Red



Positive
 about
 Dyslexia

