

Awareness Week

you're
AMAZING
just the way
YOU ARE

Be
SOMEBODY
who makes
EVERYONE
feel like a
SOMEBODY

Inclusion

Autism

Diabetes

Mental Health

Epilepsy

Hearing Loss

Sight Loss

Diversity

LGBT

Dyslexia

Gartcosh Primary School Awareness Week

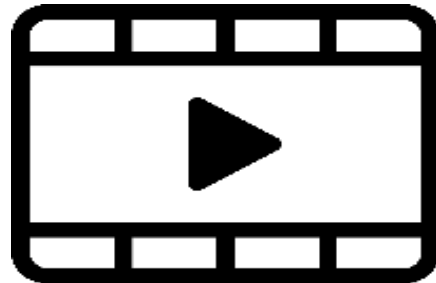
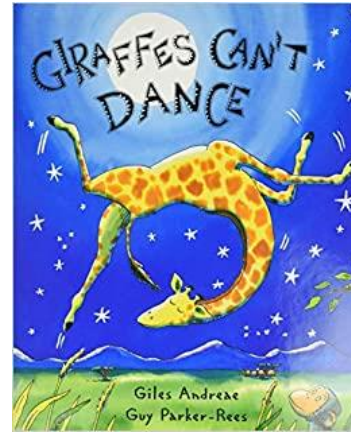
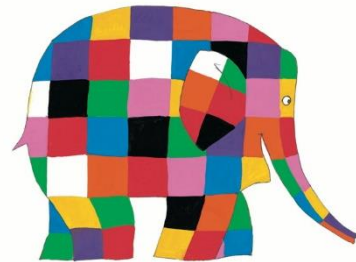
Be The Change
YOU WISH
to
See in the
WORLD

We
are a
RAINBOW
of possibilities



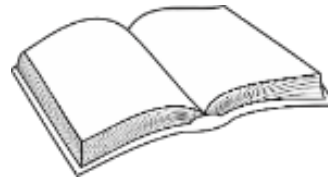
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Inclusion



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Autism

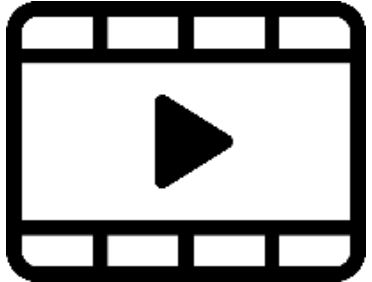
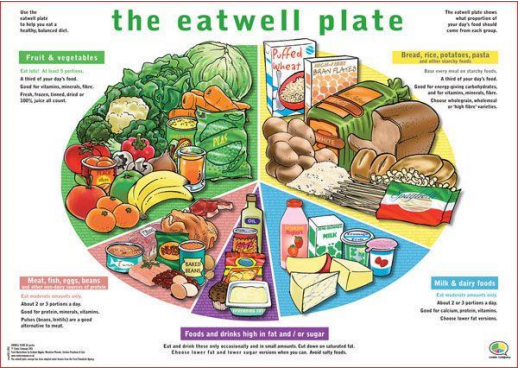


We All Fit Together



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Diabetes



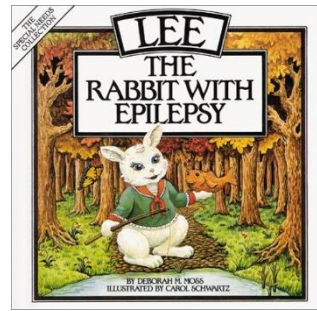
Nutrition Facts	
1 serving per pack	
Serving size	1 pack (47.9g)
Amount per serving	
Calories	230
Total Fat 9g	12% % Daily Value*
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol <5mg	0%
Sodium 35mg	2%
Total Carbohydrate 35g	13%
Dietary Fiber 1g	4%
Total Sugars 31g	
Includes 29g Added Sugars	58%
Protein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



Young Epilepsy

All about epilepsy

Epilepsy is a medical condition that affects just over half a million people in the UK, including children. It is caused by a problem in the brain that can sometimes stop the body from working the way it should.

Inside

- What are seizures?
- First aid
- Epilepsy stories

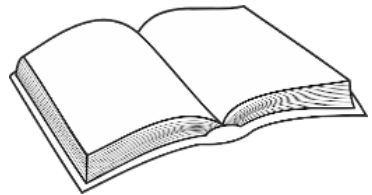
Your brain
 Your brain is the boss of your body; everything you do, think and feel needs your brain to make it happen! Here are some examples. Can you think of any more?

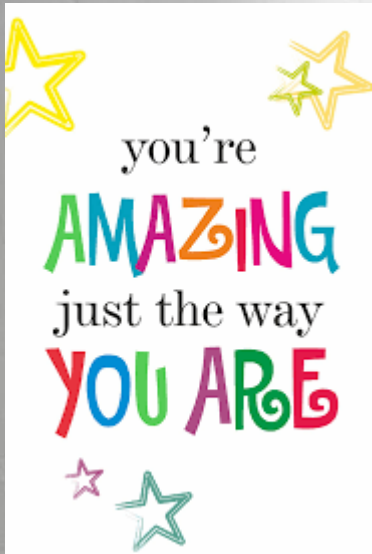
FACT

63,000 young people in the UK aged 16yrs and under have epilepsy. That's enough to fit Arsenal's Emirates Stadium!

Seizures
 Your brain works by sending messages around your body using a type of electricity. In epilepsy, this electricity can suddenly go wrong, causing the brain to become muddled. This is called a seizure.

When somebody is having a seizure, they might behave differently or feel strange in some way. They cannot stop what is happening to them but their brain usually only takes a short time to sort out the muddle and work properly again.





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.



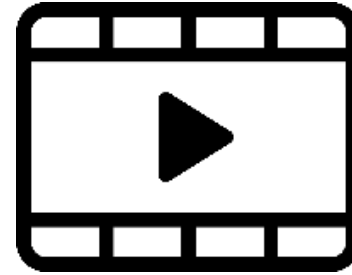
This is a Dymo Gun. It prints Braille labels. Mr and Mrs McKerral use this to label CD's, DVD's and their food in the freezer.

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!



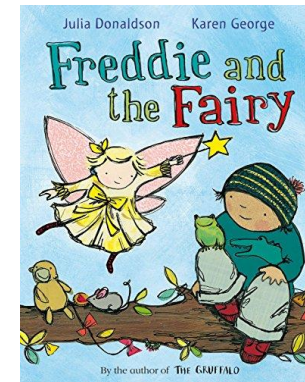
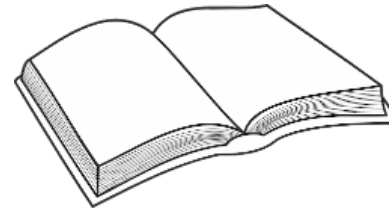
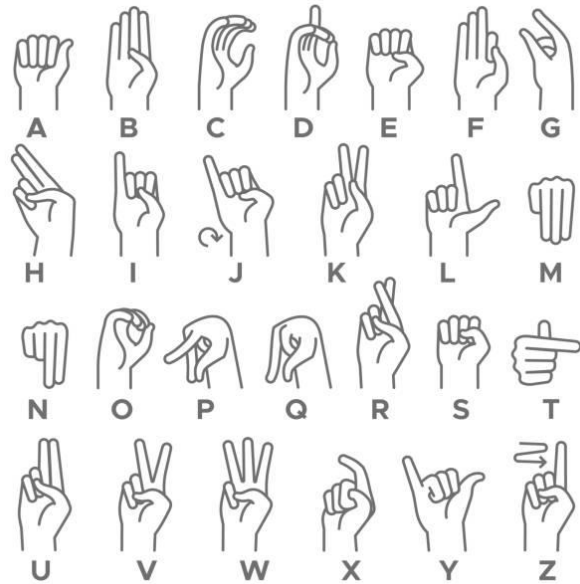
Mrs McKerral has a talking phone and iPad and Mr McKerral has a computer with speech to help him read his emails and documents! They even have a talking microwave and toaster in the kitchen.

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.



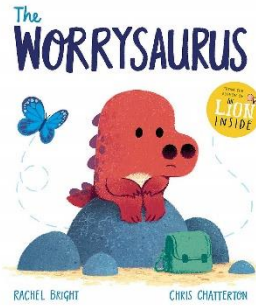
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Hearing Loss



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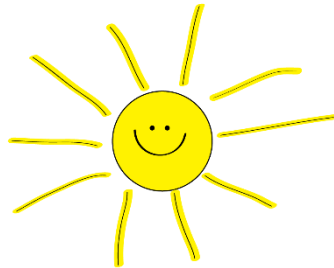
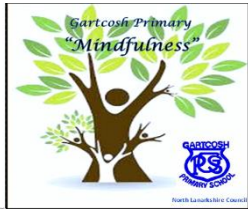
Mental Health



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 Secret is Me...	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



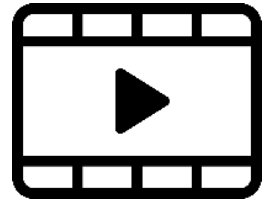
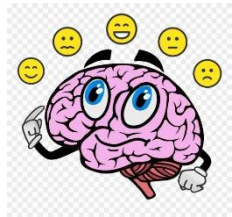
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Dyslexia

Say the colour not the word!

Try naming the colour 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



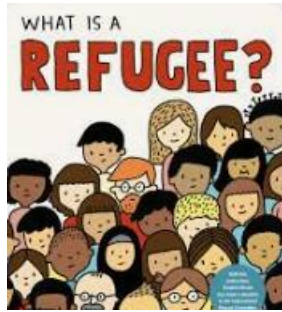
“JUDGED”

Positive
 about
 Dyslexia



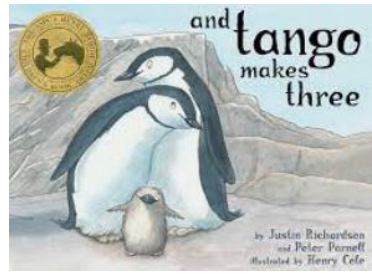
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Diversity



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LGBT



Love is Love

