

Celebrating the NHS

What Is the NHS?

The initialism NHS stands for National Health Service: a group of organisations that provide medical care for people living in the UK. Staff working for the NHS support the health and wellbeing of the population.

An estimated 1.5 million people work for the NHS including: cleaners, cooks, doctors, nurses, midwives, office staff and paramedics. Every single person's role is important for the NHS to work effectively as a health system for the country.



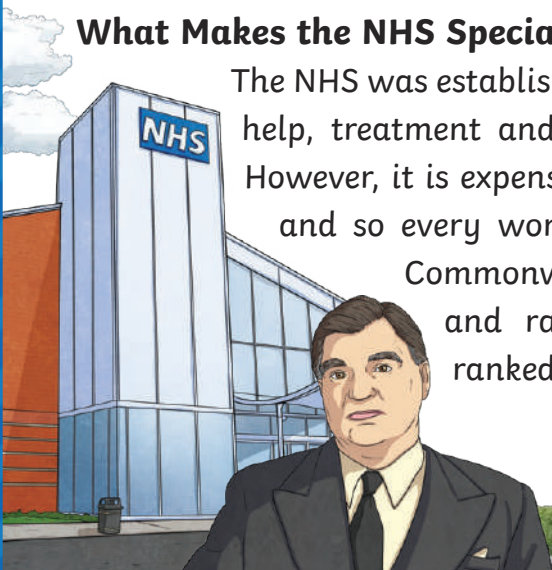
When Was the NHS Founded?

Before the founding of the NHS, only affluent people could afford to access hospital care or seek medical help; every visit to a healthcare professional would cost money. Therefore, many people did not have access to the medical care that they needed.

After the Second World War, Aneurin Bevan became the Minister of Health in the Labour government. He started the National Health Service on 5th July 1948. Mr Bevan wanted a system which provided medical care that was free for everyone to access within the UK.

What Makes the NHS Special?

The NHS was established to ensure that everyone could access medical help, treatment and advice regardless of their financial situation. However, it is expensive to provide medical care for a whole country and so every working adult pays taxes to the government. The Commonwealth Fund conducted a study of 11 countries and ranked each healthcare system: the NHS was ranked first for quality of care and efficiency.



Many people consider themselves lucky to have access to the NHS in the UK. While there are some countries which have government-funded healthcare, other nations operate very differently. In some parts of the world, people without insurance (or who can't afford treatment) would not be able to access medical care. There are also places where the quality of care you receive will be dependent on what you can afford.

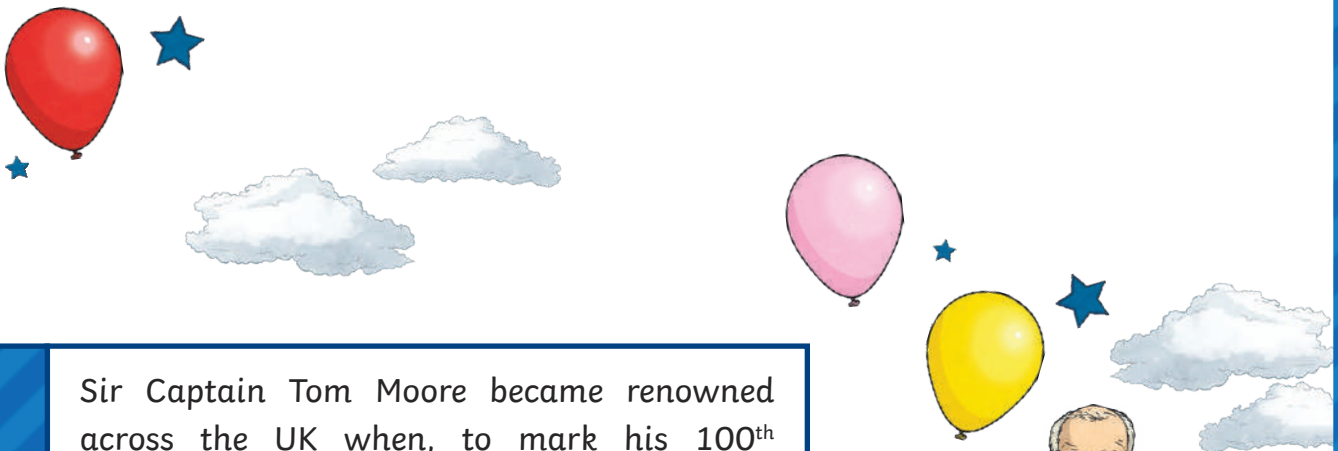
How Did the NHS Respond to the Coronavirus Pandemic?

During the global coronavirus (COVID-19) pandemic, NHS staff were praised for their bravery and self-sacrifice. Doctors, nurses and other healthcare workers have risked their own lives to care for other people.

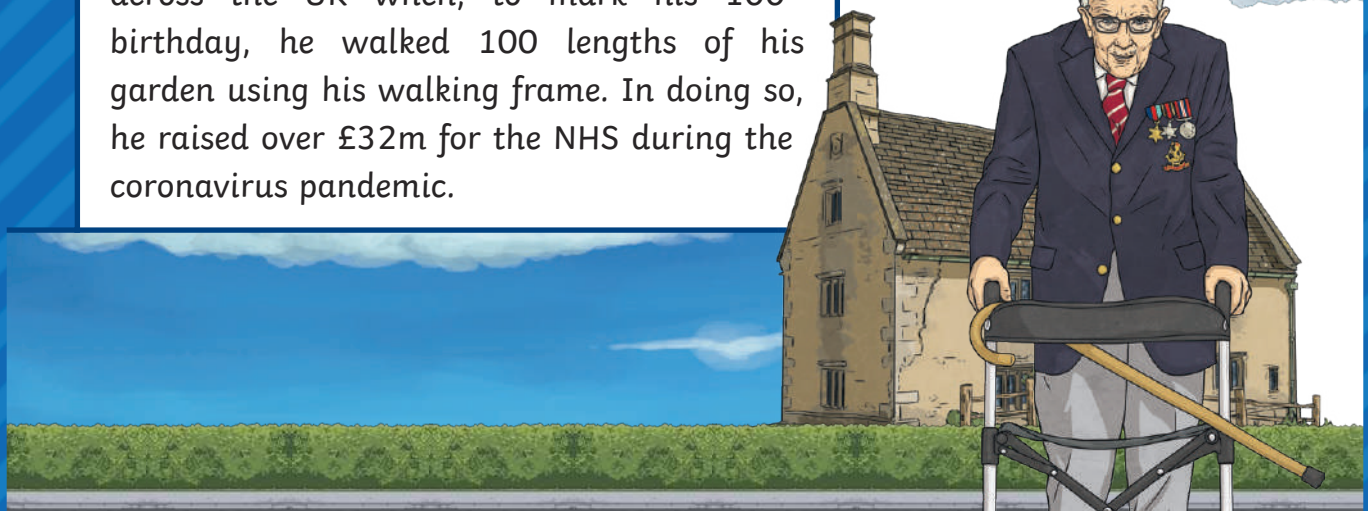
A total of 17 buildings around the UK were converted into hospital facilities to deal with the pandemic. Many professionals (who had left or retired from the NHS) were asked to return to help.

How Have We Been Celebrating Our NHS?

During the coronavirus pandemic, the British people showed their gratitude towards NHS staff in several ways:



Sir Captain Tom Moore became renowned across the UK when, to mark his 100th birthday, he walked 100 lengths of his garden using his walking frame. In doing so, he raised over £32m for the NHS during the coronavirus pandemic.





During what was referred to as 'lockdown', families were advised to stay home to prevent the spread of the virus. People could only leave their homes once a day for exercise and were instructed not to meet with anyone from outside their own household. Children and their families made and displayed rainbows in their homes as a way of spreading hope and thanking the NHS for their amazing work.

At 8 p.m. on Thursday evenings, a round of applause could be heard across the nation as people clapped and cheered for the NHS from their doorsteps. Some found other creative ways of making noise such as banging saucepans, beeping car horns and playing instruments. This was to show their appreciation for the key workers who were going to work to keep everyone safe.



What Might the Future Hold for the NHS?

The NHS costs the country around £153 bn every year. Over recent years, there has been a lot of debate amongst politicians as to whether or not the NHS should be privatised. Privatisation is when a service is no longer run by the government but by private companies (the rail service has been privatised). Those in favour of privatisation argue that people are now living around 13 years longer than they did when the NHS was established: the NHS is becoming more expensive to operate.



Questions

1. What was Aneurin Bevan's job title? Tick one.

- politician
- Minister for the NHS
- doctor
- Minister for Health

2. Draw **four** lines and match each word to its definition.

health insurance

pandemic

privatisation

National Health Service

When a service is no longer run by the government but by private companies.

A disease which has spread to lots of countries.

The government-funded healthcare system for people in the UK.

The money people pay to companies to cover the cost of medical care.

3. Who has the author written this text for?

4. Find and copy one word which shows that the NHS staff put the needs of others before their own.

5. Who conducted the study in which the NHS ranked the highest for quality of care?

6. How is healthcare different in the UK compared to other countries?

7. Which is the most important section in the text? Justify your choice.

8. Summarise how the NHS dealt with the coronavirus pandemic in 25 words or fewer.

9. Why do you think so many people helped Sir Captain Tom Moore to raise over £32m for NHS charities?

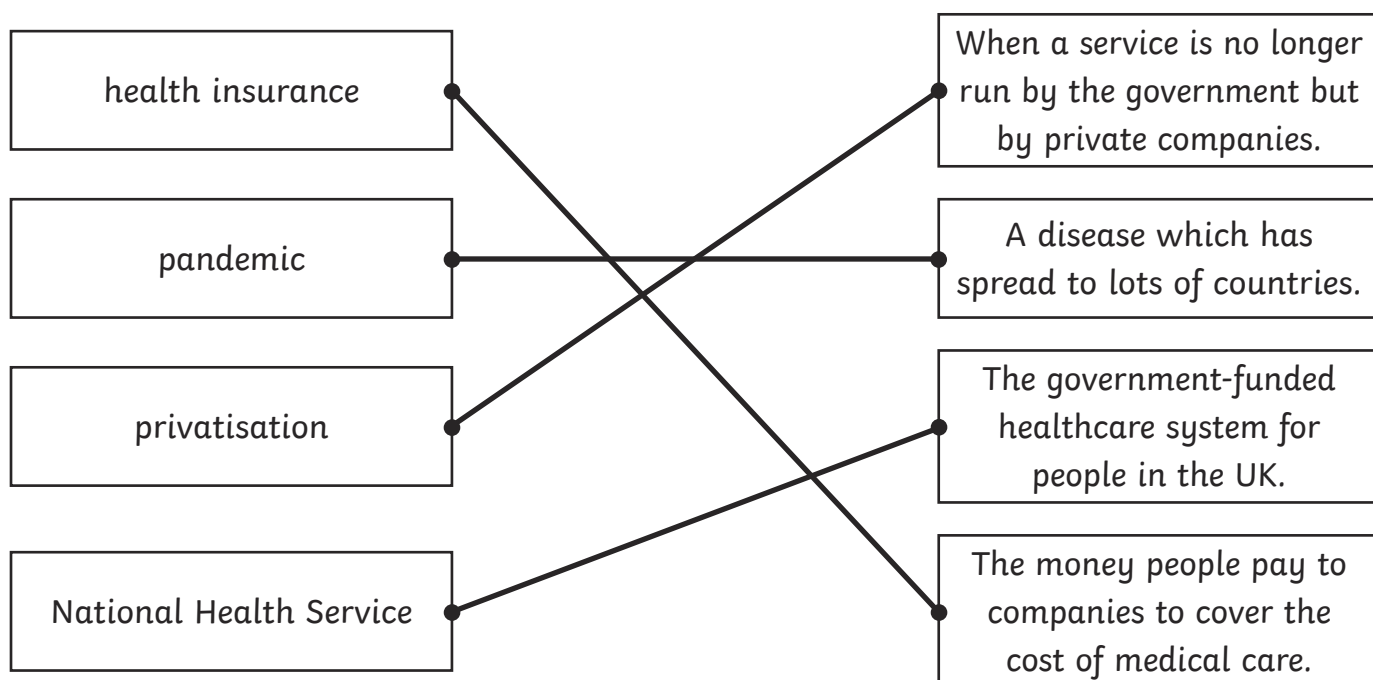
10. Explain in no more than 50 words what makes the NHS worth celebrating.

Answers

1. What was Aneurin Bevan's job title? Tick one.

- politician
- Minister for the NHS
- doctor
- Minister for Health**

2. Draw **four** lines and match each word to its definition.



3. Who has the author written this text for?

Pupils' own responses, such as: The author has written this text for people who want to learn more about the NHS and how we celebrated the NHS during the coronavirus pandemic.

4. Find and copy one word which shows that the NHS staff put the needs of others before their own.

self-sacrifice

5. Who conducted the study in which the NHS ranked the highest for quality of care?

The Commonwealth Fund conducted the study of 11 countries.

6. How is healthcare different in the UK compared to other countries?

Pupils' own responses, such as: In the UK, the NHS provides healthcare for everyone which is funded by taxes. Everyone who lives in the UK is treated fairly and can access the treatment that they need. Other countries have a different healthcare system where they might have to pay health insurance. This means that not everyone will be able to access the care that they need.

7. Which is the most important section in the text? Justify your choice.

Pupils' own responses, such as: I think that the most important section in the text is 'What Might the Future Hold for the NHS?' because it is important for us to consider what might happen to the NHS in the future.

8. Summarise how the NHS dealt with the coronavirus pandemic in 25 words or fewer.

Pupils' own responses, such as: The NHS responded quickly to the pandemic by building 17 temporary hospitals to treat people. They also encouraged retired NHS staff to return and help.

9. Why do you think so many people helped Sir Captain Tom Moore to raise over £32m for NHS charities?

Pupils' own responses, such as: I think people thought walking 100 laps at 100 years old was a brave and challenging task for Sir Captain Tom Moore to complete. People also wanted to give money to the NHS to help fight the coronavirus pandemic.

10. Explain in no more than 50 words what makes the NHS worth celebrating.

Pupils' own responses, such as: The NHS is free for anyone living in the UK to access regardless of how much money they have. It is also ranked as one of the best healthcare systems out of 11 countries. NHS staff have worked incredibly hard during the pandemic to help those who need it most.

Water Woman: A Superhero

Who Is Water Woman?

Water Woman's real name is Sanita Swimmer. Throughout her early life, Sanita loved to swim, sail, water ski and do just about anything that involved being beside the water's edge! One fateful day, Sanita decided that the weather permitted her to venture out onto the open waves and go sailing aboard the family's yacht. Sanita was a very gifted navigator and sailor, and had no trouble at all steering the family's vessel across the tranquil seas. While coasting on the open waves, she dipped her toes delicately into the glistening water and was stung by an unidentified sea creature. Within a matter of minutes, gills sprouted on her neck and skin grew between her fingers and toes. From that day on, everything changed: she was Water Woman.

Superpowers

Not only can Water Woman make herself invisible, but she can also breathe underwater, meaning that she can reach depths of the ocean where regular humans would struggle to venture. She can swim unbelievably quickly - much faster than any human or animal on Earth. Astonishingly, Water Woman is exceptionally strong; she can even lift a cruise ship filled with cargo or an abandoned shipwreck leagues beneath the waves! As she has an overwhelming desire to help those in need, Water Woman uses her incredible powers for good. She will always attempt to rescue distressed people and creatures who find themselves in danger in the water. However, everyone has flaws - this mischievous mermaid loves to play tricks on the fishermen who hunt her beloved sea creatures.



Friends

One summer's day, the gentle fisherman Frankie Fisher witnessed Sanita transforming into Water Woman whilst he was working. From that day forth, he vowed to preserve her secret. Not only does Frankie protect her identity, he also informs her whenever someone - or something - is in distress. In addition to

Frankie, Water Woman also has a heroic sidekick in Donald the Dolphin. Donald is incredibly courageous, clever and caring, although on occasion he can be a little too chatty!

Enemies

Water Woman has an extensive list of allies but there are also adversaries who try to prevent her from looking after her marine friends. Sly Steve Sharky is her arch-nemesis. While Water Woman courageously attempts to assist innocent people, and save stranded sea creatures, Steve often makes his best effort to hurt those whom she rescues. Nevertheless, Water Woman bravely continues in her quest for justice!

Big Superhero Facts

- Unsurprisingly, her favourite drink is a thick seaweed smoothie – yuck!
- Water Woman loves nothing more than singing “sweetly” to the whales and dolphins in the ocean; however, they don’t like it very much as she is tone deaf!
- A little-known fact is that Water Woman’s eyes are different colours: one is green and one is blue.
- Depending on her fluctuating emotions, her hair changes colour. If she is feeling tranquil, her hair remains a pale blue but if she becomes angry it transforms into a vivid, fiery red!



Questions

1. What stung Sanita and made her transform into Water Woman?

2. What happened when Sanita first transformed into Water Woman?

3. Why did Sanita decide to take the family yacht on the day that she first became Water Woman?

4. Why do you think that Frankie Fisherman decided to keep Water Woman's secret?

5. On page 1, in the Big Superhero Facts section, the writer used inverted commas around the word 'sweetly' when describing how Water Woman sings. Why do you think this is?

6. Why do you think the writer has organised the 'Big Superhero Facts' using bullet points?

7. Why do you think Water Woman had Donald the Dolphin as her sidekick?

8. Donald the Dolphin is described as heroic. Suggest an alternative word that could be used.

9. What are 'adversaries'?

10. Do you think that Water Woman is a super superhero? Explain your opinion and use the text to support your answer.

Answers

1. What stung Sanita and made her transform into Water Woman?
An unidentified sea creature stung Sanita.
2. What happened when Sanita first transformed into Water Woman?
When Sanita became Water Woman, gills sprouted on her neck and skin grew between her fingers and toes.
3. Why did Sanita decide to take the family yacht on the day that she first became Water Woman?
Answers may include: she loves sailing and being beside the water's edge; the weather permitted her to sail that day; the water was calm and tranquil; she found sailing easy because she was a gifted sailor and navigator.
4. Why do you think that Frankie Fisherman decided to keep Water Woman's secret?
Answers will vary and may include: he is a fisherman and so might need Water Woman to rescue him one day; he cares for the sea creatures just like Water Woman; he wants to keep the ocean safe because that is where he works.
5. On page 1, in the Big Superhero Facts section, the writer used inverted commas around the word 'sweetly' when describing how Water Woman sings. Why do you think this is?
Answers may vary but must refer to the idea of sarcasm, humour, or that Water Woman isn't really singing sweetly.
6. Why do you think the writer has organised the 'Big Superhero Facts' using bullet points?
Answers such as: Bullet points make the information easier to read and more interesting. They can be read in any order and the facts are all completely separate.
7. Why do you think Water Woman had Donald the Dolphin as her sidekick?
Answers may vary.
8. Donald the Dolphin is described as heroic. Suggest an alternative word that could be used.
Answers could include: brave, courageous, valiant, daring, bold, gallant.
9. What are 'adversaries'?
Answers will vary but must refer to an enemy or opponent.
10. Do you think that Water Woman is a super superhero? Explain your opinion and use the text to support your answer.
Answer will vary. Answers must be supported by evidence selected from the text and fully explained.

Planet Earth

Have you ever wondered why humans live on Earth and not the other planets in our Solar System? Well, Earth is the only planet in our solar system that has all the things we need to survive: 21% oxygen in the air to breathe, water to drink and all at just the right temperature warmed by the Sun. Scientists call this the 'Goldilocks Zone' because everything is 'just right'...not too hot, not too cold. Its name is derived from the Old English word 'ertha' and the Anglo-Saxon word 'erda' which means ground or soil.

The Blue Planet

Earth, the third planet from the Sun after Mercury and Venus, is referred to as 'The Blue Planet' because of how it looks from space. This is due to the fact that over $\frac{2}{3}$ of the Earth's surface is covered in oceans and seas.



Did you know?

- Age: approx. 4.54 billion years
- Diameter: 13,000 km
- Distance to Sun: 150,000,000 km
- Surface Temperature: 15°C
- Highest point: Mount Everest 8.8 km
- Lowest point: Challenger Deep 10.9 km below sea level

I'm Spinning Around

The Earth spins on its axis once every 24 hours – that's what gives us day and night. You wouldn't notice but the Earth's spin is actually slowing down by 17 milliseconds per hundred years. Eventually this will lengthen our days but it will take around 140 million years before our day will have increased from 24 to 25 hours. I wonder if children 140 million years from now will have an extra hour at school.

Whilst it is spinning, the Earth is also orbiting the Sun, which takes $365 \frac{1}{4}$ days to do one full circuit. This gives us the length of our years. Our seasons are also dependent on the orbit of the Earth as our planet is tilted at an angle. This means that around one side of the Sun we are tilted towards it – giving us warmer temperatures and longer days...our summer. However, around the other side of the Sun we are tilted away from it giving us less light and cooler temperatures – so this is our winter. All in all, it's a pretty amazing planet and I, for one, am glad to call it home.

Questions

1. What percentage of the air we breathe is not Oxygen?

2. What is the difference between the highest and lowest points on Earth?

3. How long does it take the Earth to spin once on its axis?

4. Will the Earth always spin at this speed? If not, how will it change?

5. How many planets are between us and the Sun and can you name them?

6. Why do we experience summer around one side of the Sun?

7. In the Fact File section the author has written 'approx.', what is the reason for the full stop in this word?

8. In the 'I'm Spinning Around' section, the author writes:

You wouldn't notice but the Earth's spin is actually slowing down by 17 milliseconds per hundred years'

Why does the author say we wouldn't notice?

9. Why do we need to add an extra day to our year every 4 years?

10. Which fact or piece of information has amazed you the most and why?

Answers

1. What percentage of the air we breathe is not Oxygen?
79%
2. What is the difference between the highest and lowest points on Earth?
19.7km (10.9 + 8.8)
3. How long does it take the Earth to spin once on its axis?
24 hours/1 day
4. Will the Earth always spin at this speed? If not, how will it change?
No – it is slowing down
5. How many planets are between us and the Sun and can you name them?
2 (Mercury and Venus)
6. Why do we experience summer around one side of the Sun?
The Earth is tilted towards The Sun
7. In the Fact File section the author has written 'approx.', what is the reason for the full stop in this word?
To abbreviate the word – full word: approximately
Discuss: why do this? Can you think of other examples?
8. In the 'I'm Spinning Around' section, the author writes:
You wouldn't notice but the Earth's spin is actually slowing down by 17 milliseconds per hundred years'
Why does the author say we wouldn't notice?
Discuss: Because the decrease is happening so gradually/slowly
9. Why do we need to add an extra day to our year every 4 years?
Due to the fact we have an extra $\frac{1}{4}$ day every year we orbit The Sun
10. Which fact or piece of information has amazed you the most and why?
Open ended to discuss.

Captain Tom Moore

Captain Tom Moore is the war **veteran** who made headlines around the world in mid-April 2020, when he pledged to raise money for the National Health Service (NHS), by walking 100 laps around his garden before his 100th birthday on April 30th.

The Challenge

Captain Tom has long been a supporter of the NHS. He had spent some time in hospital after a hip replacement a few years ago and has been following the news about the NHS, as they battle to treat patients during the COVID-19 crisis. He decided to set himself the challenge of completing 100 laps of his 25 metre garden, by walking 10 laps each day, with the help of his walking frame and finishing before his 100th birthday. Captain Tom hoped to raise £1000 for NHS Charities Together.



Worldwide Support

Captain Tom's challenge was reported by his local news and word soon spread about his amazing effort. People very quickly took Captain Tom to their hearts and his story was shared more widely, including on the national news. As more people heard about his challenge, they donated money to the cause. Within a day, Captain Tom had exceeded his target.



Captain Tom completed 100 laps (his last ten, with a **guard of honour**) two weeks before his birthday, so decided to increase the number of laps he walked to 200.

Fundraiser and Record Breaker

To help celebrate reaching 100 laps, singer Michael Ball, the NHS Voices of Care Choir and Captain Tom released a version of the song 'You'll Never Walk Alone', which went straight to number one in the singles charts. Captain Tom (aged 99 at the time) is the oldest person ever to reach number one and the single is

the fastest selling of 2020 so far. Every single sold raises more money for the charity. Captain Tom also holds the record for the largest amount of money raised on a charity walk, by an individual. The money will be used to fund community groups that help support patients when they have left hospital, as well as wellbeing packs for NHS workers.

Biography

Thomas Moore was born in Yorkshire on 30th April 1920.

As an adult, he joined the army and served as a British Army officer in the Second World War. During his time in the army, Captain Tom was awarded three medals, which he has worn whilst completing his fundraising laps. A short **documentary** has been made about his military career and is due to be televised in early May 2020.

When he was younger, his hobbies included motorcycle racing and he won several competitions.

He currently lives with one of his two daughters and her family in Bedfordshire.

He has had so many birthday cards sent to him from around the world, Royal Mail have had to re-route his post to a special collection box and a group of volunteers have been employed to help open the cards, which will go on display at a local primary school that Captain Tom's grandson attends.

No-one has been more surprised by his success than Captain Tom himself. 'Never in my wildest imagination did I think this would be possible,' he exclaimed.

Captain Tom in Numbers

£1000 - The target amount Captain Tom originally hoped to raise for charity.

24 hours - The time it took to reach his target.

£13,000,000 - The amount Captain Tom had raised by the time he completed 100 laps.

82,000 - The number of copies his hit single sold in the first week.

100,000 - Birthday cards have been sent to him by the public.

1.3 million - People had donated money to his campaign before the final week of April.

Pride of Britain

Captain Tom has been called a national treasure by the public and was awarded the Pride of Britain Award. This award is given to people who have demonstrated great courage or inspired people with their campaigning. Captain Tom had received several hundred thousand nominations from the public and a judging panel agreed that he was more than worthy of receiving the award.

For his 100th birthday, Captain Tom is being honoured with a special postmark from the Royal Mail. All letters sent during the week of his birthday, will be stamped with a postmark that reads, 'Happy 100th Birthday Captain Thomas Moore NHS fundraising hero 30th April 2020'.

Glossary

veteran	An ex-member of the armed forces.
guard of honour	A group of soldiers arranged in a row for a special occasion
documentary	A factual television or radio programme.

Captain Tom Moore Questions

1. Match the numbers to the statements.

£1000

The amount raised by 100 laps.

200

The original target set.

100,000

The number of birthday cards sent to Captain Tom.

£13,000,000

The new target of laps Captain Tom set for himself.

2. Number the events to show the order in which they happened.

- Captain Tom began his challenge.
- Captain Tom released a single.
- Captain Tom finished his 100 laps.
- Captain Tom celebrated his 100th birthday.

3. Read 'The Challenge'. **Find** and **copy** one word that likens the struggle of NHS staff during the COVID19 crisis to that of soldiers in a war.

4. Who collaborated with Captain Tom on the single 'You'll Never Walk Alone'?

5. Name one way that Captain Tom has been recognised for his achievements.

6. Why do you think Captain Tom wanted to raise money for the NHS?

Captain Tom Moore Questions

7. Give **two** examples of how Captain Tom has broken world records.

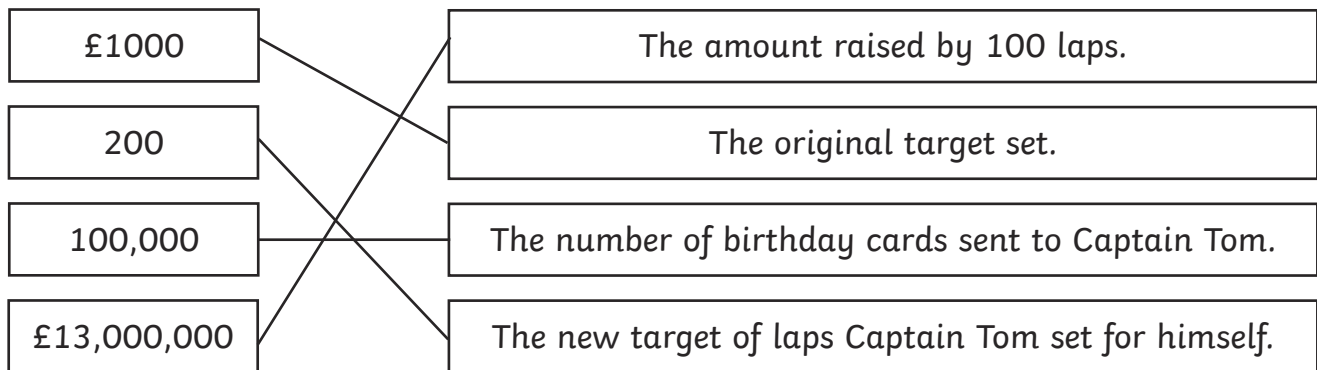
8. Describe Captain Tom in **three** words and explain your choices.

9. How do you think Captain Tom felt when he heard that he had reached his target of £1000 in just a day? Explain your answer.

10. Write a summary of Captain Tom's achievements.

Captain Tom Moore Answers

1. Match the numbers to the statements.



2. Number the events to show the order in which they happened.

- 1 Captain Tom began his challenge.
- 3 Captain Tom released a single.
- 2 Captain Tom finished his 100 laps.
- 4 Captain Tom celebrated his 100th birthday.

3. Read 'The Challenge'. **Find** and **copy** one word that likens the struggle of NHS staff during the COVID19 crisis to that of soldiers in a war.

battle

4. Who collaborated with Captain Tom on the single 'You'll Never Walk Alone'?

Michael Ball and the NHS Voices of Care Choir

5. Name one way that Captain Tom has been recognised for his achievements.

Accept any of the following: He received a Pride of Britain award. Royal Mail have produced a special postmark for his hundredth birthday. Lots of people have sent him birthday cards. He had a guard of honour when he completed his final laps.

Captain Tom Moore Answers

6. Why do you think Captain Tom wanted to raise money for the NHS?

Accept any of the following: He wanted to show them his appreciation. He wanted to say thank you for looking after him and others. He was impressed with their hard work during a difficult time.

7. Give **two** examples of how Captain Tom has broken world records.

He is the oldest person ever to have a number one single.

His single is the fastest selling of 2020 so far.

He has raised more money on a charity walk than any other individual.

8. Describe Captain Tom in **three** words and explain your choices.

Pupils' own responses such as:

Determined because he didn't give up.

Brave because he was a soldier in the war.

Generous because he raised money for charity.

9. How do you think Captain Tom felt when he heard that he had reached his target of £1000 in just a day? Explain your answer.

Pupils' own responses, such as: He must have felt proud that he had raised so much money. He would have been amazed that so many people had donated to his cause. He could not believe that he had reached his target so quickly. He was surprised because he said, 'Never in my wildest imagination did I think this would be possible'.

10. Write a summary of Captain Tom's achievements.

Pupils' own responses, such as: Captain Tom made headlines around the world when he raised a record breaking amount of money for charity, by walking 100 laps around his garden and releasing a charity single, which went straight to number one in the charts.

Internet Safety Day

What is Internet Safety Day all about?

Internet Safety Day has been marked each year since 2005, in over 100 countries worldwide.



The theme this year is 'Be the Change: Unite for a Better Internet'. It aims to raise awareness of online safety issues and events and activities are happening all across the UK.

The UK Safer Internet Centre

The UK Safer Internet Centre is coordinated by three leading charities: Childnet International, the South West Grid for Learning and Internet Watch Foundation. The centre has one mission: to promote the safe and responsible use of technology for young people. The aim is that children and young people are aware of how to use the Internet safely and responsibly, making good choices and keeping themselves safe.



How can children be kept safe?

It sounds strange to talk about not being 'safe' on the Internet when we are often at home using different devices. However, the Internet is like a huge door to the outside world. This means there are an unimaginable number of strangers out there.

There are some rules which everyone should follow. These rules allow people to make responsible choices and stay safe online.

Some uses of the Internet:

- gaming
- shopping
- learning new information



Did you know?

It is illegal for anyone under the age of 13 years old to have a Facebook account.



Never share your personal details online. You wouldn't suddenly tell a person you didn't know what school you go to or what your phone number is, so don't pass this sort of information on to someone online. No matter how long you have been 'chatting' or emailing someone, they might not be the person they say they are. They must be treated as a stranger.

Don't open any attachment on an email. It could be a virus, which will damage your computer or affect your contact list. It could then be sent to everyone you know, harming their devices too.



Block any emails from people you don't recognise. Just because they might use your name, if you don't recognise their name, delete and block them.

Never meet anyone without an adult with you. Even if you have been in contact with someone online, meeting them in person on your own is very dangerous. Not everyone can be trusted.

If someone is nasty to you, or about you, online, or you see something upsetting, tell an adult. You do not have to put up with unpleasant behaviour, and bullying online (cyberbullying). Cyberbullying is just as upsetting as face-to-face bullying. Don't be tempted to reply to them. Inform an adult immediately!



We can all help make the Internet a safer place. It is a wonderful tool for many reasons, and can make life a lot easier. However, if it is misused, it can be dangerous and worrying. Make the right choices and stay safe online.



Questions

1. When did Internet Safety Day begin?

2. In your own words, describe the two overall aims of the UK Safer Internet Centre.

3. In the box there are listed some uses of the Internet. Identify two other uses.

4. What does the author compare the Internet to? What do you think of this description?

5. What two pieces of information would be considered personal details?

6. Describe the effects of opening an attachment that has a virus.

7. Explain what rule number three is about.

8. Describe, in detail, what the sentence “Not everyone can be trusted” means.

9. What is the overall purpose of the text, and what is the general message to children?

10. What is cyberbullying and what should you do about it?