New challenge set to promote health and wellbeing whilst encouraging children to learn about their rights

Friday 29 May, 2020

A new Children's Health Challenge which encourages P5-P7 children to learn more about their health and wellbeing and their healthcare rights is set to be piloted by 42 schools and clubs in Scotland from 1st June 2020.

Talking about the Children's Health Challenge, Dr Laura Smith, Head of Children's Health and Wellbeing Services said: "Children have the right to the best quality healthcare. When researching what information is available, it quickly became apparent that there was a need for materials specifically created for children and young people.

"Our Children's Health Challenge aims to support the health and wellbeing of children and young people during the pandemic and raise awareness of children's health and wellbeing rights in a fun and informative way. It has four levels for pupils to complete over four weeks and we have networked with schools and pupils to develop the challenge. It is being piloted by 42 schools and clubs across Scotland from Monday 1 June and if successful our intention is to roll it out for all schools to access."

The Children's Health Challenge was developed in partnership with Digital Bricks and includes activities developed by the Children and Young People's Commissioner Scotland and The Royal College of Paediatrics and Child Health. It is supported with funding from the Children, Young People and Families Early Intervention Fund and the Scottish Government Wellbeing Fund.

Each level of the Children's Health Challenge contains short activities that have been carefully selected and developed to be delivered remotely. They do not require access to a printer or adult/parental involvement. At the end of the four weeks, pupils will receive their 'Children's Health Challenge' Certificate for completing the activities.

For further information on the Children's Health Challenge please contact Dr Laura Smith, Head of Children's Health and Wellbeing Services on 07483 973 320 or email laura.smith@childrenshealthscotland.org.

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